

## Today's Workout

Crunch

10 sets / 4 reps



Obliques

8 reps / 4 sets



Run

Run



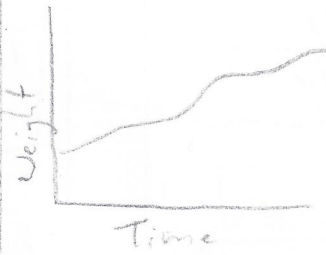
Do this and that

Run

Run

## Progress

Crunch



Current	20
Start	0
Total	5000

Done