



Barbell Back Squat ☐ 225 ☐

3 x 5 Rest: 5 minutes

Notes



Log

Barbell Bench Press 175



APP
Logo

Create a new workout Plan

Calculate Plates

Browse Workout Plans

Tips for Success

View Current Workout Plan

Profile

Settings

Imperial ☒ Metric ☐

Quick Increment lbs

Quick Timer minutes ☐ Seconds ☐

Barbell weights lbs

Greetings !

Today is Monday
You last completed Workout B

Please select your workout for today

Workout A

Workout B

Workout C

Set Timer

minutes seconds

* Press and hold timer shortest for quick timer

Calculate Plates needed

Target weight lbs

Plates needed on each side

$45 + 45 + 10 + 10 + 2.5$