

Settings
Imperial B Metric D
Quick Increment [5165]
Quick Timer [3] minutes B Seconds B
Barbell weighs [45] 165

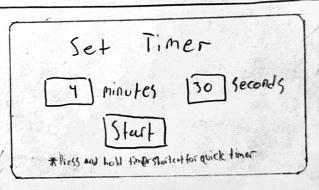
Greetings!
Today is Morday
You Last completed workout B

Pleasselect your workoutfor today

Workout A

Workout B

Workout C



Turget weight 270 165.

Plates needed on each side
45+45+10+10+2.5