

9:30



Healthy



Your personal guide to a healthy lifestyle

[Log in](#)

[Sign up](#)

By continuing, you agree to the [Terms of Use](#)
and [Privacy Policy](#).





Fitbod

Today's workout plan



Strength Trainin...


Start



Strength Trainin...

Start

Other workouts you have planned



Strength Training

Tomorrow, 1:30 PM

Start

Workouts

2

Weight lifted

5,000 lbs

Total volume

4,000 lbs



Add workout

Exercise

Bench

SetsPress

4

Reps

6

Weight (kg)

70

Date

Today

Save workout





Workouts

3 mile run

Sat, Mar 26

Ran 3 miles in 30 minutes

11:00AM

10 min yoga

Thurs, Mar 24

Yoga with Adriene

9:00PM

5 mile bike ride

Wed, Mar 23

Biked 5 miles in 15 minutes

6:00PM

1 mile run

Mon, Mar 21

Ran 1 miles in 10 minutes

7:00AM



Personal Records

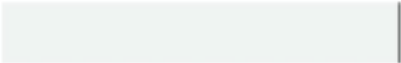
1600 lb

All Time +15%

Bench Press



Back Squat



Deadlift



Weight Lifted

10,000 lb

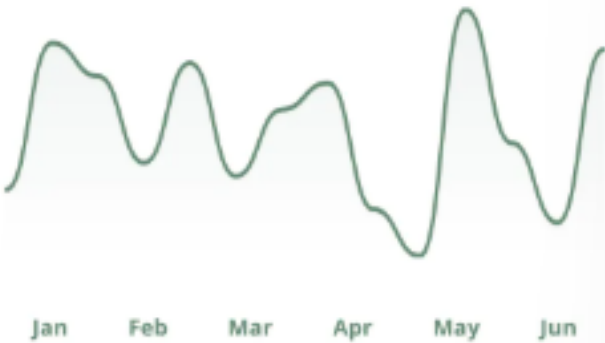
Past 6 months +9%



Frequency

3.5 per week

Past 6 months +2%



Home



Routines



History



Profile



Profile



Add Photo

Full Name

Username

Bio

Enter bio

Location

Location

Units

Imperial, inches, lbs

Height

5'6"

Weight

110lbs

Save



Home



Routines



History



Profile