

9:30

Full Body 3 Day: Day 1

All Exercises

Exercise Menu

Full Body 3 Day

PPL 6 Day

Calisthenics

Create New Plan

Exercise Name

Metrics

Muscle Group

Exercise Name

Metrics

Muscle Group

Exercise Name

Metrics

Muscle Group

Exercise Name

Metrics

Muscle Group

Exercise Name

Metrics

Preferred Metric

Preferred Metric

Preferred Metric

Preferred Metric

Preferred Metric

Preferred Metric

Preferred Metric

Statistics

Personal

Home

Programs

Progression

9:30

Full Body 3 Day: Day 1

New Exercise

Label

Exercise Name

Select

Metric 1

Select

Metric 2

Select

Muscle Groups

Select

Progression System

Weight: lbs

Bodyweight

Weight: 1 RM %

Reps

Sets

Time

Max HR

RPE

Distance

Custom 1

Custom 2

Add Exercise

Statistics

Personal

Home

Programs

Progression

9:30

Wed, July 11

Sam

Personal Info

Age: 22

Weight: 182 lbs

Height: 5'10"

Fitness Info

Activity Level: Moderate

Daily Calorie Expenditure: 2400

Sleep Avg: 7.6 hrs

Recovery: Fast

Statistics

Personal

Home

Programs

Progression