9:30

Full Body 3 Day: Day 1

Muscle Group
Exercise Name
Metrics
Preferred Metric

Overline
List item
Supporting line text lorem ipsum dolor sit amet, consectetur.
100+

Overline
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Statistics | Personal | Home | Programs | Progression

9:30

Full Body 3 Day: Day 1

All Exercises
Exercise Menu
Full Body 3 Day
PPL 6 Day
Calisthenics
Create New Plan

Preferred Metric

Preferred Metric

Preferred Metric

Preferred Metric

Exercise Name
Metrics

Muscle Group
Exercise Name
Metrics
Preferred Metric

Muscle Group
Exercise Name
Metrics
Preferred Metric

Muscle Group
Exercise Name
Metrics
Preferred Metric

Muscle Group
Exercise Name
Metrics
Preferred Metric

Statistics | Personal | Home | Programs | Progression

9:30

Full Body 3 Day: Day 1

Muscle Group
Exercise Name
Metrics
Preferred Metric

Edit
Delete
Add To Workout

Overline
List item
Supporting line text lorem ipsum dolor sit amet, consectetur.
100+

Overline
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Overline
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100+

Statistics | Personal | Home | Programs | Progression

9:30

Full Body 3 Day: Day 1

Edit Plan
Progression Settings
Delete Day
Delete Plan
Duplicate Plan

Muscle Group
Exercise Name
Metrics

Overline
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100+

Statistics | Personal | Home | Programs | Progression

9:30

All Exercises

Muscle Group
Exercise Name
Metrics
Preferred Metric

Overline
List item
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100+

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Statistics | Personal | Home | Programs | Progression