

Workouts

Dumbbell Squat to a bench

Lying Hamstring

On your side Quad stretch

One arm flat bench dumbbell flye

Calories

857 Calories Consumed

Soccer

Goalkeeper training

Team training











Calories



Peanut Butter Sandwich

Peanut Butter Sandwich 478 cal



Peanut Butter Sandwich Cookie 478 cal

Peanut Butter Cream-Filled Sandwich Cookie 478 cal

Cookies, Peanut Butter Sandwich, Regular 478 cal

Peanut Butter Sandwich Cookies 520 cal

Calories Summary

Calories Summary

Peanut Butter Sandwich 478 cal

Minestrone Soup 61 cal

Lettuce Salad 13 cal

Beef Steak 228 cal

High Protein Milk Shake 77 cal

857 Calories Consumed



Workout



Barbell Full Squat

Barbell Hack Squat

Barbell Squat

Bodyweight Squat

Box Squat

Box Squat with bands

Box Squat with chains

Chair Squat

Dumbbell Squat

Dumbbell Squat to a bench



Frankenstein Squat

Freehand Jump Squat

Workouts Summary

Workouts Summary

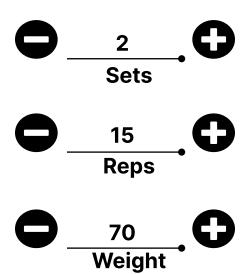
Dumbbell Squat to a bench

Lying Hamstring

On your side Quad stretch

One arm flat bench dumbbell flye

Company of the Dumbbell Squat to a bench



Soccer Training

Soccer Game

Goalkeeper training

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Scrimmage

Team training



Personal training

Soccer Summary

Soccer Summary

Goalkeeper training

Team training