



# Member Sign In

You're Fitness is Essential

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# Planet Fitness

Login

Register

 Username

 Password

Sign In

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# Planet Fitness

Login

Register

 Username

 Password

 Confirm Password

Register

Already have an account?





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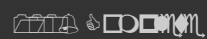
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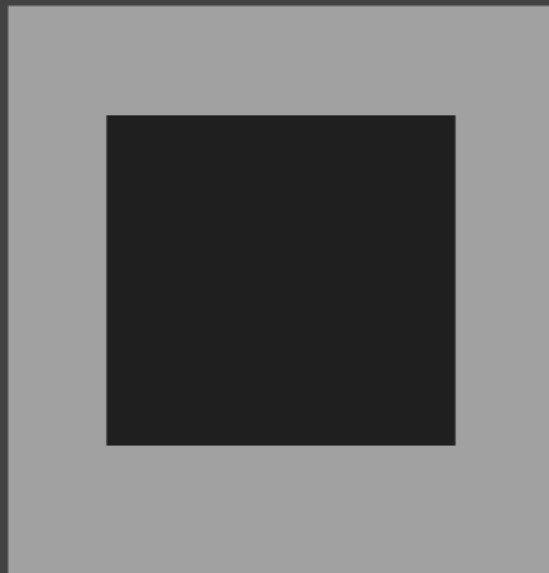


# QR Scanner



Place QR label in center frame

Reading....



Capture



## Exercise



Ashley Pean

Member

Ashley@gmail.com



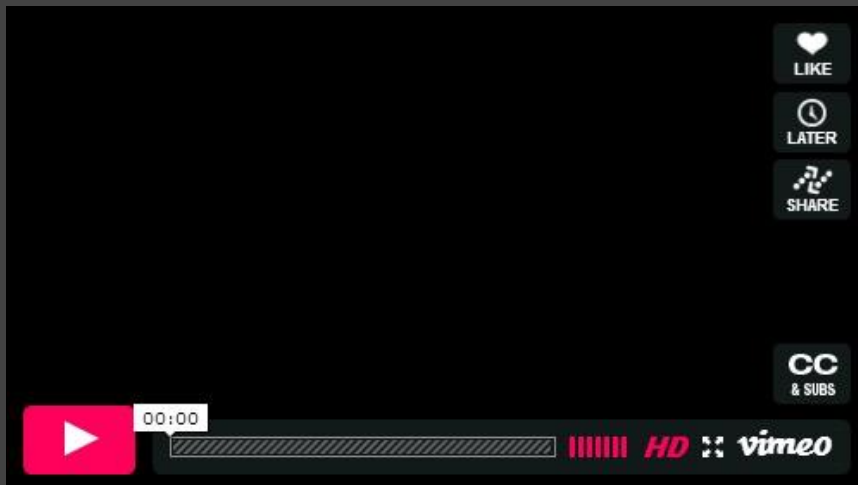
Add To schedule

0

Desired Reps

0

Desired Sets



### Leg Extensions:

Muscles: Quadriceps (front of your thigh)

#### Instructions:

- Place hands on the hand bar.
- Lift the weight while exhaling until your legs are almost straight.
- Keep back straight against the backrest.
- Reset and start again





## Workout Schedule



Sun

Mon

Tue

Wed

Thu

Fri

Sat



Treadmill Warm-Up

From 6:00 am to 7:00 am

View



Full Body Squats 3x20

From 6:00 am to 7:00 am

View



Deadlifts Max-Out

From 6:00 am to 7:00 am

View



Calf Raises

From 6:00 am to 7:00 am

View



Barbell Lunges

From 6:00 am to 7:00 am

View



Leg Extensions 4x10

From 6:00 am to 7:00 am

View



Leg Curls 3x15

From 6:00 am to 7:00 am

View



## Workout Statistics



Ashley Pean

Member

01:59  
Time

154  
Total reps

634  
Calories

Mon  
24

Tue  
25

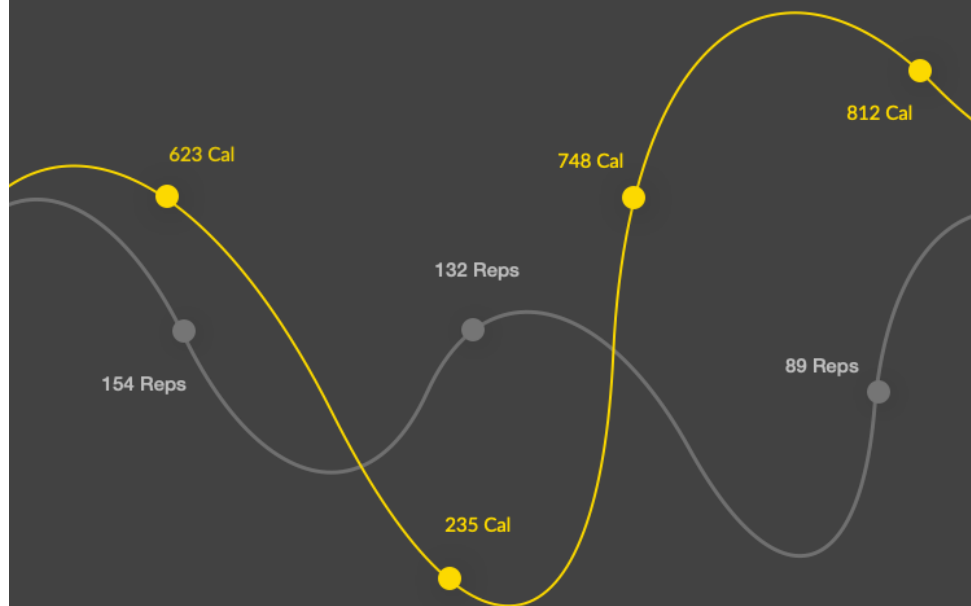
Wed  
26

Thu  
27

Fri  
28

Sat  
29

Sun  
30





## Goals Achieved



58.23 mi

Weekly Workout

32 %

Weights

75 %

Cardio

23 %

Stretch

23rd Dec, Friday

Leg Extensions

Exercise

Sets:2 reps:10

Warm Up Run

Outdoor

20 min.

24th Dec, Saturday

Full Body Exercise

Exercise

1 hour

