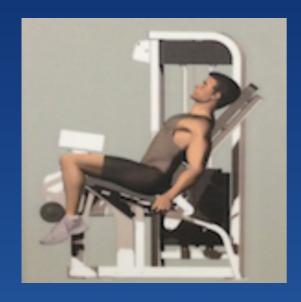


LOOK GOOD. FEEL GOOD.
DO GOOD.





## Equipment



Leg Extension
LifeFitness



Seated Row LifeFitness



Shoulder Press LifeFitness 9:41 AM

100% [





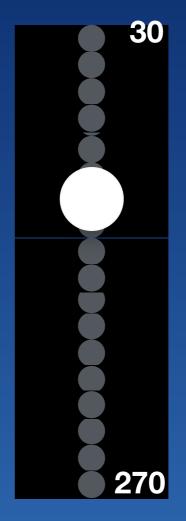
## Leg Extension



Auto Log

Virtual Coach





Weight Selected 150

**Reps Completed** 



**Rest Interval** 





Set #



2

150

12

:30

**Personal Best** 

3

130

110

15

17

:30

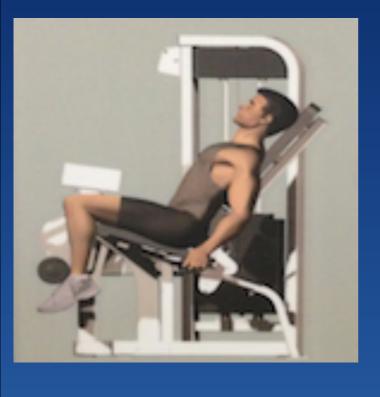
:20





•••• 🛜

## Select Target



## Leg Extension by LifeFitness







11/20 2013

1st Set 2nd Set 3rd Set

150 150 150 20 20 20

5:40 5:40

5:40

11/25 2013

1st Set 150 20

5:40

1st Set 150 2nd Set 150 20

5:40



LOOK GOOD. FEEL GOOD.
DO GOOD.