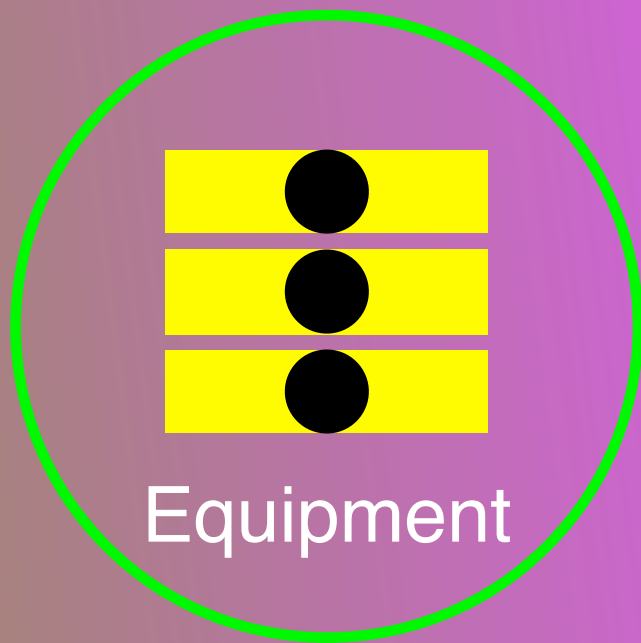




Work Out



Equipment



My Plan



Results

**\$10-per-month Membership**



# Equipment



Leg Extension  
LifeFitness



Seated Row  
LifeFitness



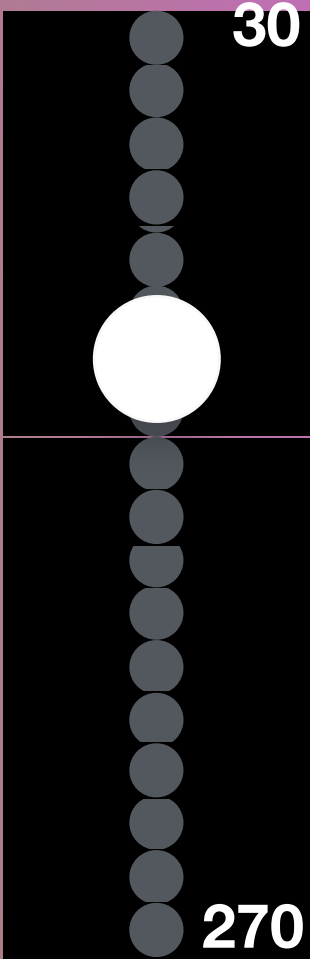
Shoulder Press  
LifeFitness

Leg Extension



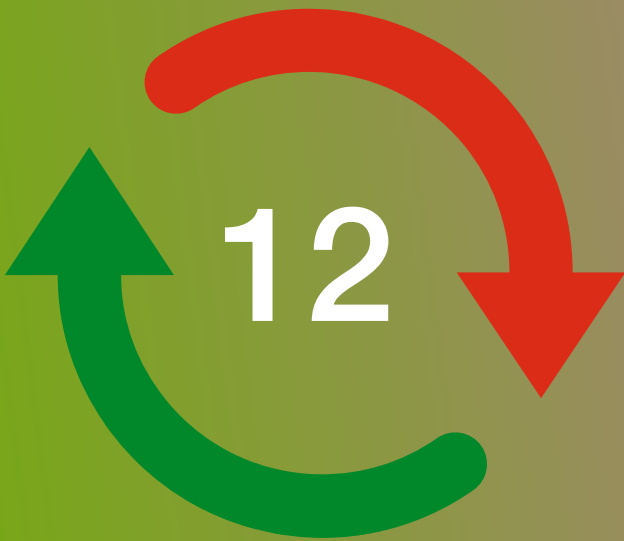
Auto Log

Virtual Coach



Weight  
Selected  
**150**

Reps Completed



Rest Interval



Set #



|   |     |
|---|-----|
| 1 | 150 |
| 2 | 130 |
| 3 | 110 |

|    |     |
|----|-----|
| 12 | :30 |
| 15 | :30 |
| 17 | :20 |

Personal Best



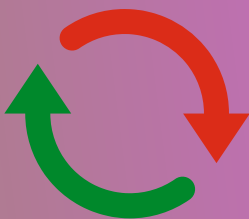
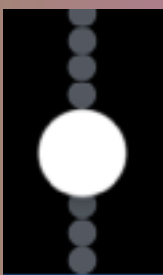
Back

# Select Target



## Leg Extension

by LifeFitness



|                           |         |     |    |      |
|---------------------------|---------|-----|----|------|
| <div>11/20<br/>2013</div> | 1st Set | 150 | 20 | 5:40 |
|                           | 2nd Set | 150 | 20 | 5:40 |
|                           | 3rd Set | 150 | 20 | 5:40 |

|                           |         |     |    |      |
|---------------------------|---------|-----|----|------|
| <div>11/25<br/>2013</div> | 1st Set | 150 | 20 | 5:40 |
|---------------------------|---------|-----|----|------|

|                           |         |     |    |      |
|---------------------------|---------|-----|----|------|
| <div>12/25<br/>2013</div> | 1st Set | 150 | 20 | 5:40 |
|                           | 2nd Set | 150 | 20 | 5:40 |

