

tap calendar

scroll

15:14

33

December

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Insights

5lbs up on your bicep curl 1RM!

Muscle strain detected

15:14

33

Insights

5lbs up on your bicep curl 1RM!

Muscle strain detected

Incorrect form during bench press

Achievements

Top 25% lifter

8 min mile run club

15:14

33

<

History

D

W

M

6M

Y

Today - December 30

Arms

Chest

Bicep Curl

3 x 15
50 lbs

Lateral Raises

3 x 15
10 lbs

Bench Press

3 x 15
50 lbs

Pushdown

3 x 15
50 lbs

Push-up

3 x 15