

HOME

MY PLANS

MY JOURNAL

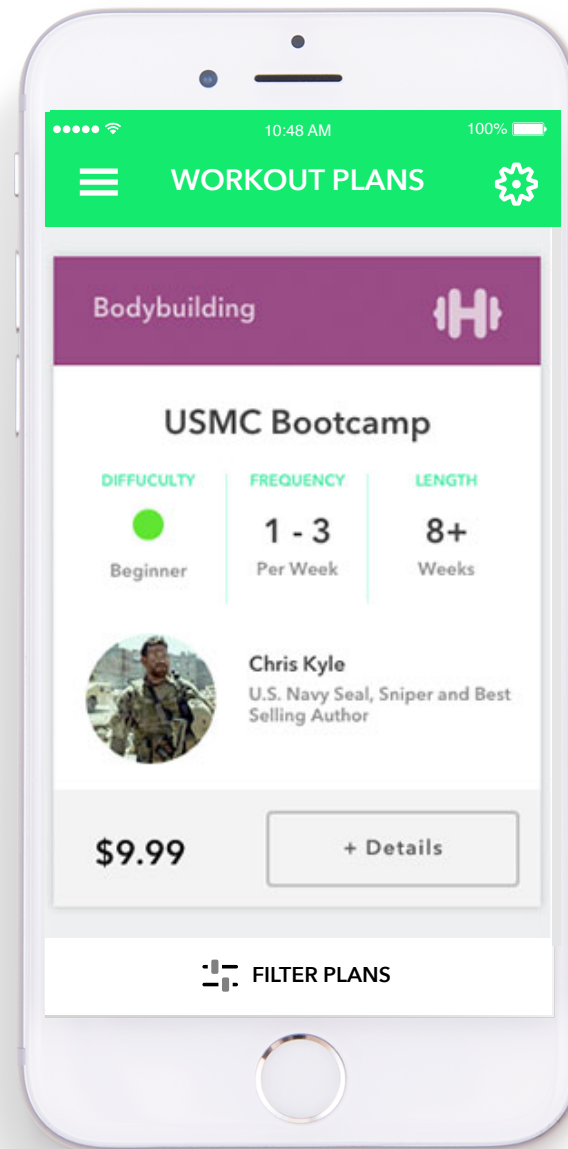
WORKOUT PLANS

ANALYTICS

SETTINGS

SHARE

LOGOUT



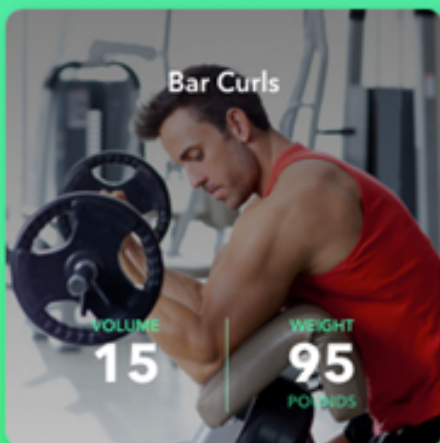


10:48 AM

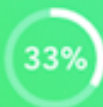
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Schedule



Completed



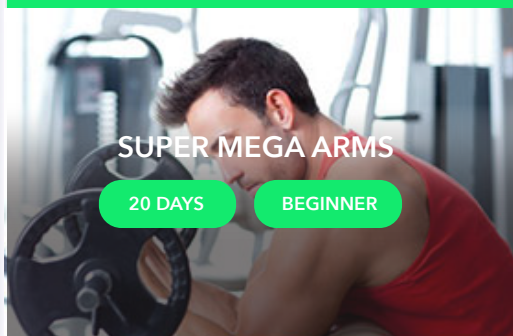


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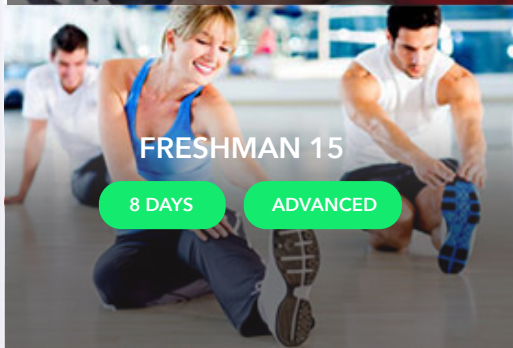
MY PLANS



SUPER MEGA ARMS

20 DAYS

BEGINNER



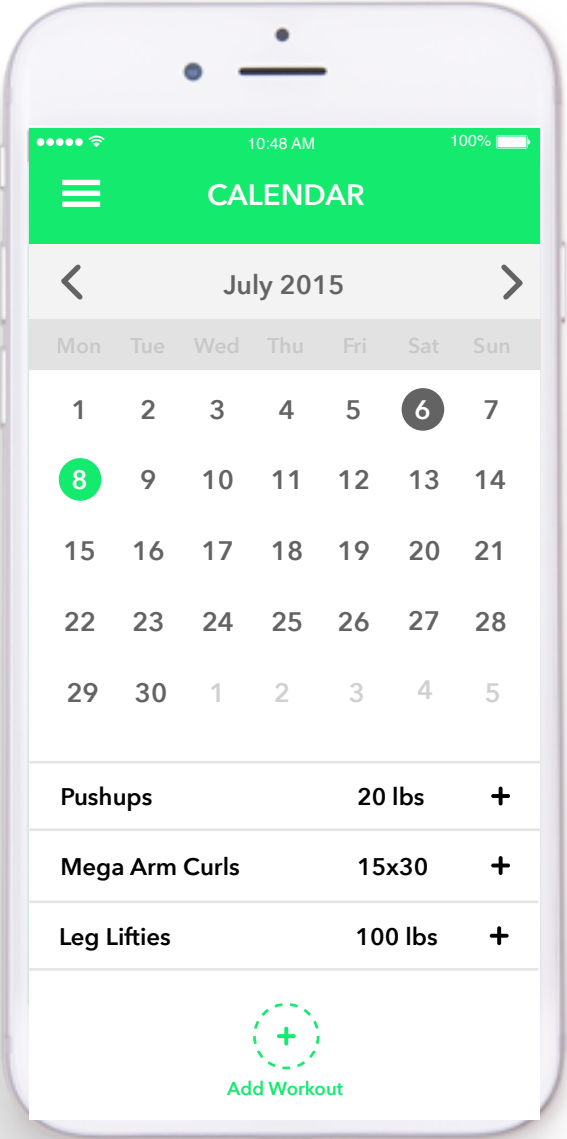
FRESHMAN 15

8 DAYS

ADVANCED



| | | |
|--|--------|---|
| Pushups | 20 lbs | × |
| Lorem ipsum dolor sit amet, consectetur adipiscing elit. Integer sed lorem eget dui aliquam aliquam quis at nisi. Cras vitae placerat justo. Fusce ac eleifend arcu. | | |





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100%



ADD WORKOUT

Workout Name

Ab flexers

Weight

123

Volume

123

Description

I picked things up, and
put them down



Add Workout

