

Gains Buddy

RECENT WORKOUTS

TODAY - SEPTEMBER 8

Bulgarian Split Squats	REPS 24	WEIGHT 70
Bulgarian Split Squats	REPS 24	WEIGHT 70
Bulgarian Split Squats	REPS 24	WEIGHT 70
Bulgarian Split Squats	REPS 24	WEIGHT 70
Bulgarian Split Squats	REPS 24	WEIGHT 70

YESTERDAY - SEPTEMBER 7

No workouts

Create Workout

Log Workout

Gains Buddy

CREATE WORKOUT

NAME

Bicep Curls

CATEGORY

Arms

NOTES

By back left wall

Back

Save Workout

Gains Buddy

LOG WORKOUT

WORKOUT

Bicep Curls

SETS

3

SET 1

Reps

12

Weight

25

SET 2

Reps

10

Weight

30

SET 3

Reps

8

Weight

35

Back

Save Workout