

Exercise History Data

This table shows history of exercise data. It can be found in Exercise Insights tab.

To see more exercise insights, open the dropdown at the top of the page.

Bench Press

Table

Date	Weight	Reps	Volume	Difficulty
8/21/2025	165lbs	3x4	1980lbs	-
8/3/2025	175lbs	2	1030lbs	okay
	185lbs	1		
	165lbs	3		
7/18/2025	165lbs	3x4	1980lbs	okay
7/2/2025	165lbs	3x4	1980lbs	okay
6/24/2025	155lbs	6	2910lbs	okay
	165lbs	6		
	165lbs	6		
5/31/2025	160lbs	4x6	3840lbs	-
2/4/2025	160lbs	6	3360lbs	okay
	160lbs	6		
	160lbs	4		
	160lbs	5		
1/27/2025	160lbs	4x6	3840lbs	okay
1/19/2025	160lbs	4x5	3200lbs	easy

Table

Estimated Records

Weight

Reps

Volume

Exercise Record

Insights tab

X EXIT

SAVE