

ABC 3G

09:02 PM

All Clients

Dave

Done

Today

☐

Barbell Deadlift

3 sets 6 reps 120 lbs

☐

Sit-ups

2 sets 40 reps

☐

Barbell Squat

3 sets 6 reps 120 lbs

☐

Running

1.5 miles 11 minutes

Yesterday

☐

Barbell Deadlift

3 sets 6 reps 110 lbs

☐

Sit-ups

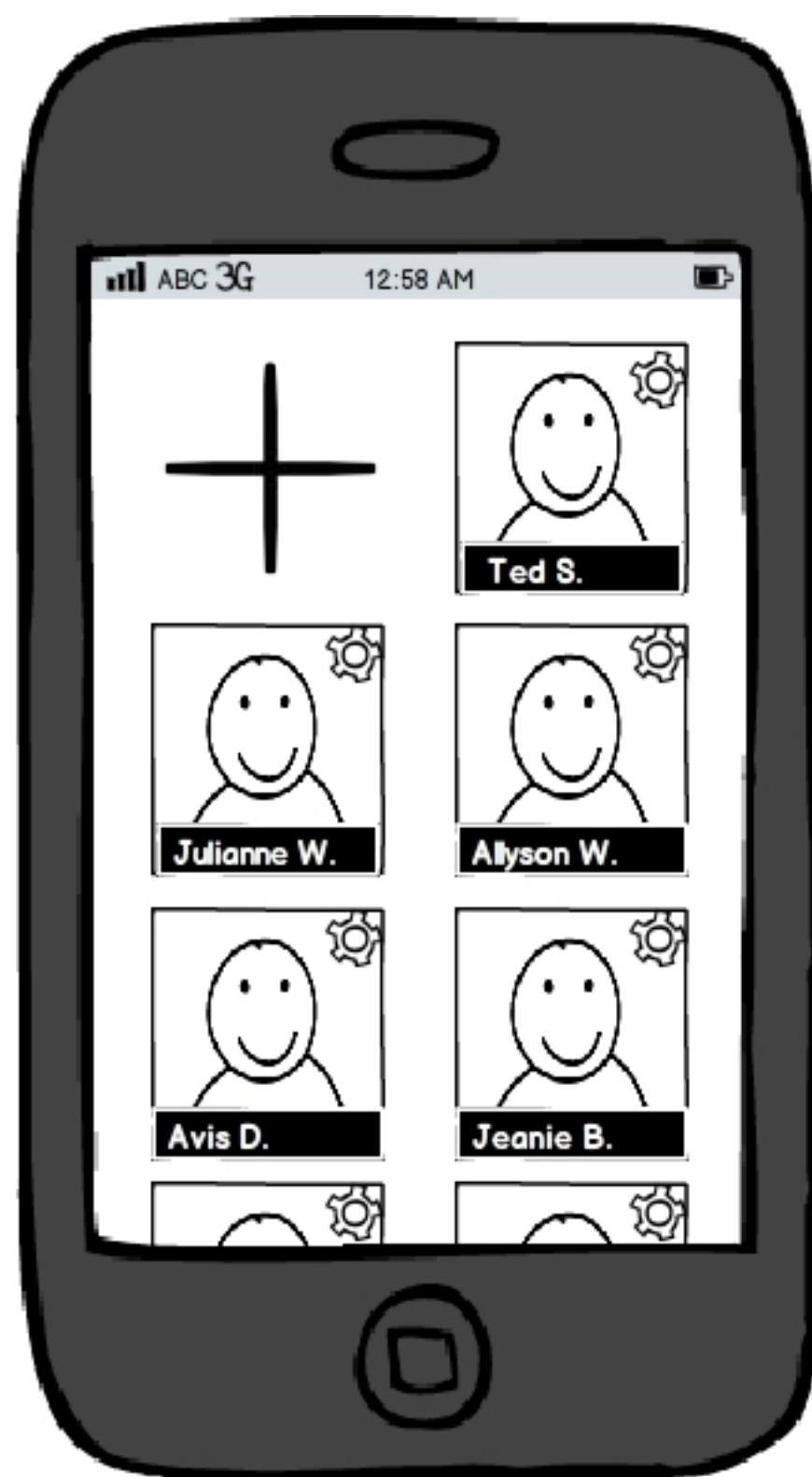
2 sets 40 reps

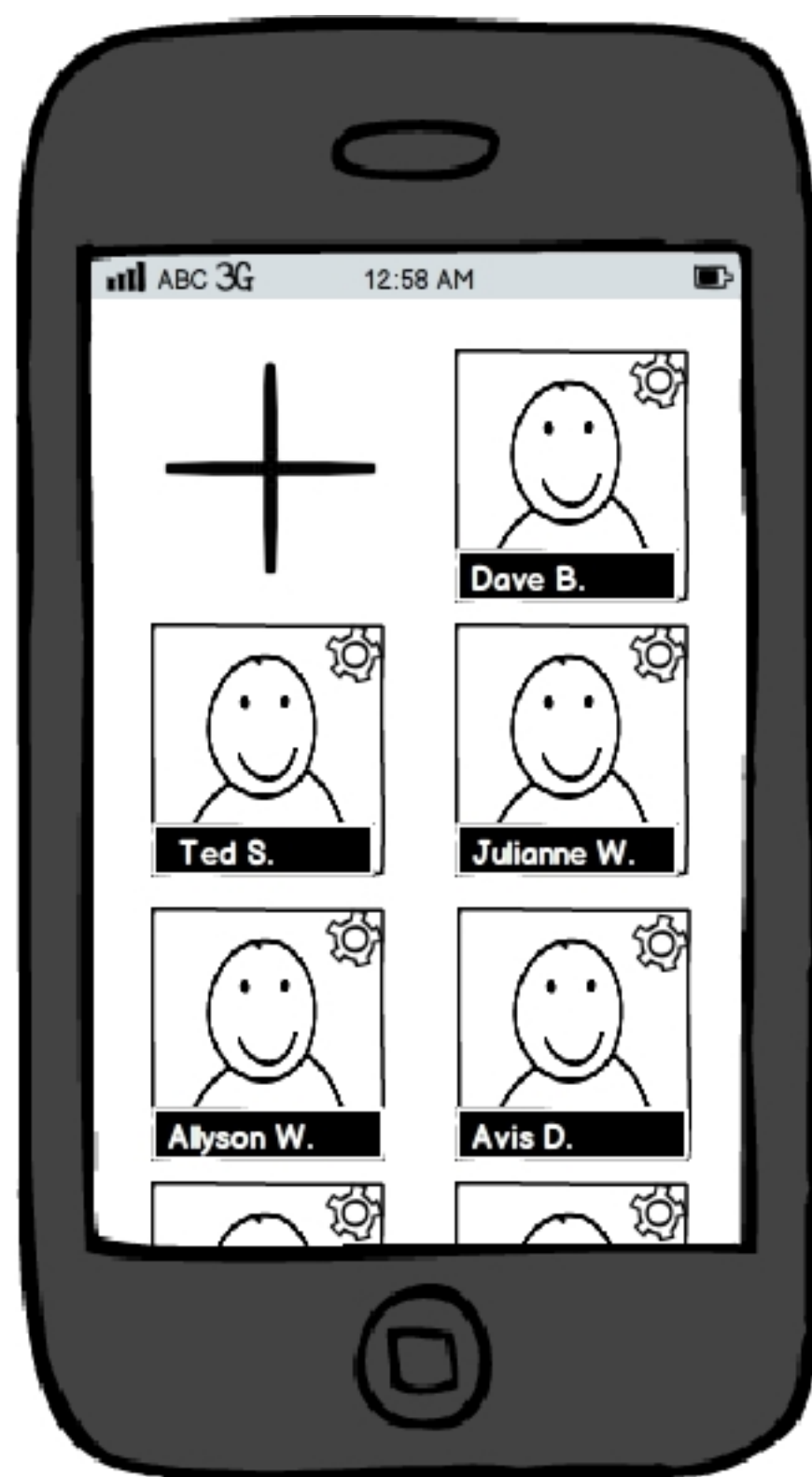
Measure

Work Out

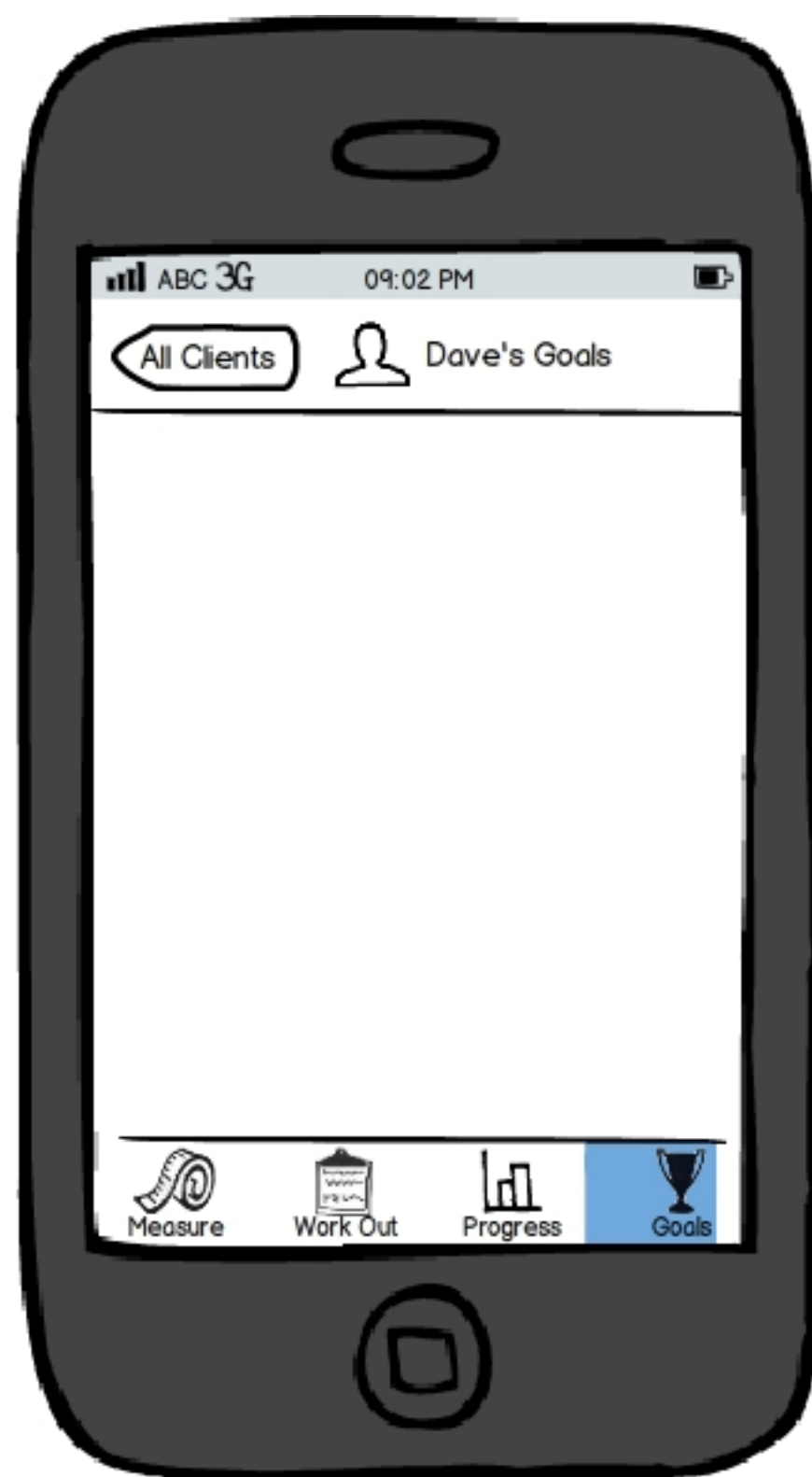
Progress

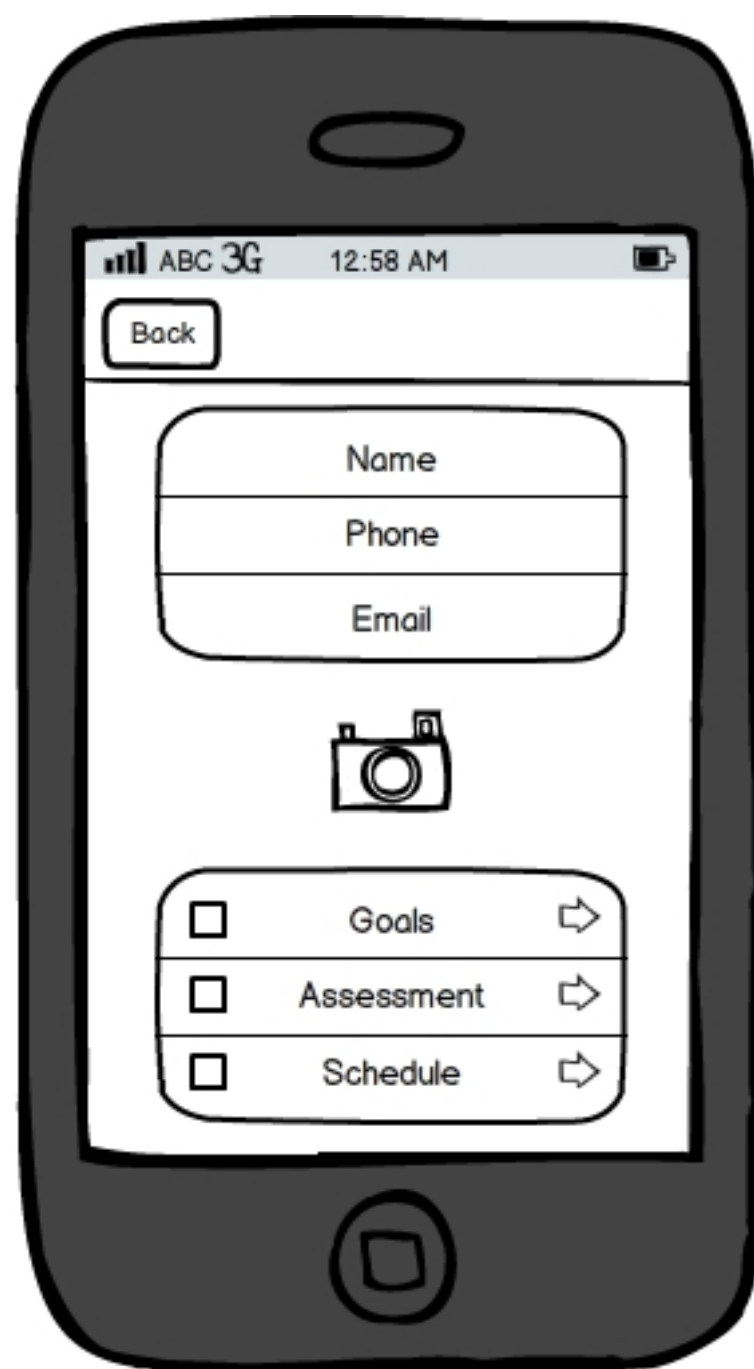
Goals

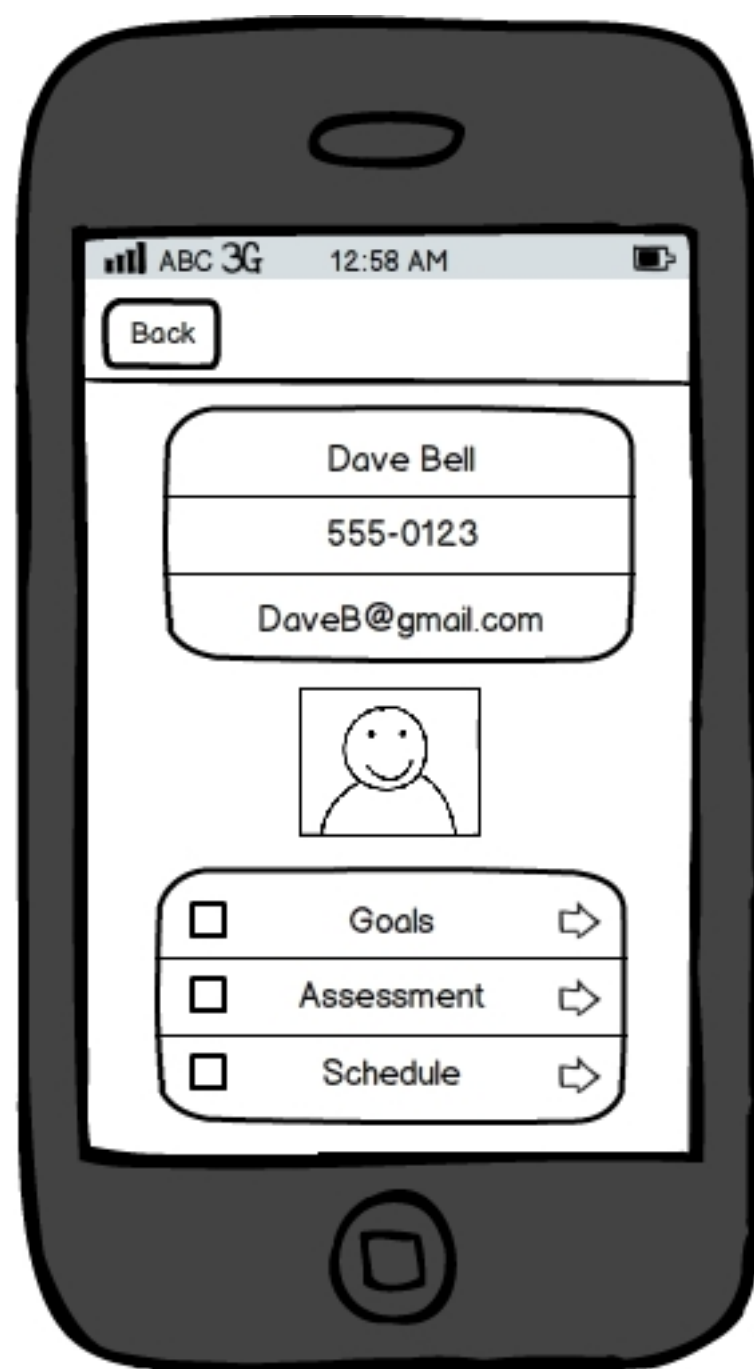


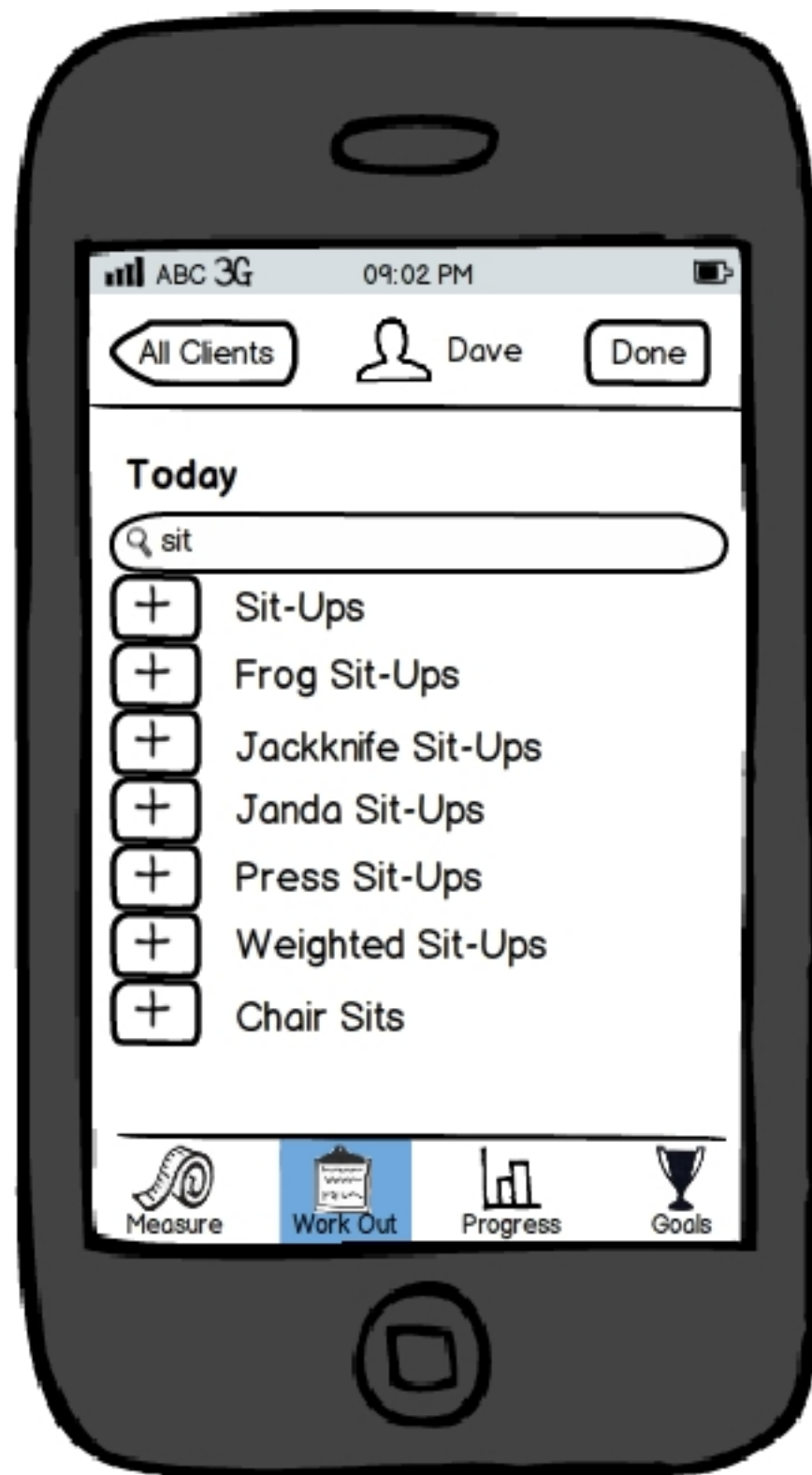


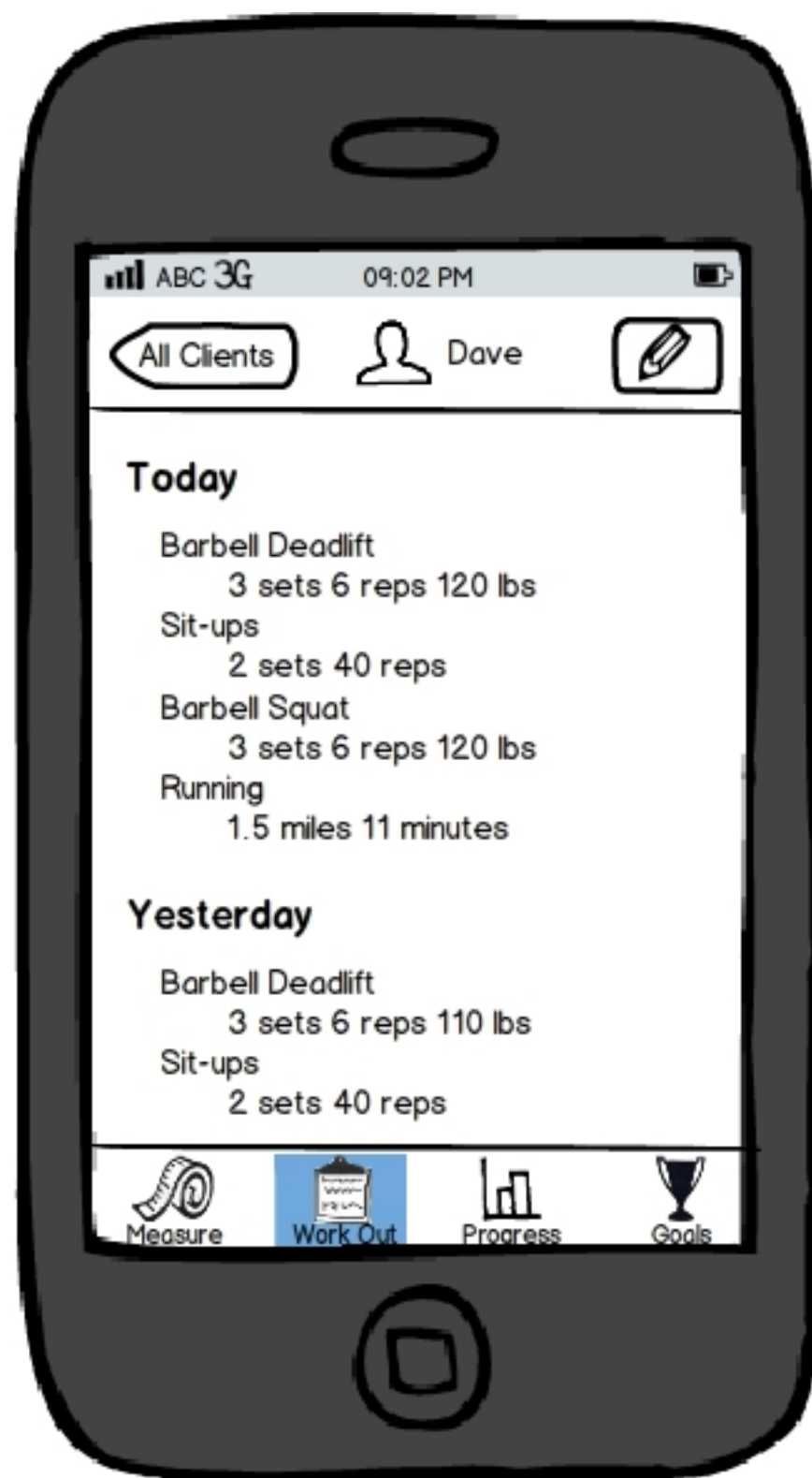












ABC 3G

09:02 PM

All Clients

Dave

## Today

Barbell Deadlift

3 sets 6 reps 120 lbs

Sit-ups

2 sets 40 reps

Barbell Squat

3 sets 6 reps 120 lbs

Running

1.5 miles 11 minutes

## Yesterday

Barbell Deadlift

3 sets 6 reps 110 lbs

Sit-ups

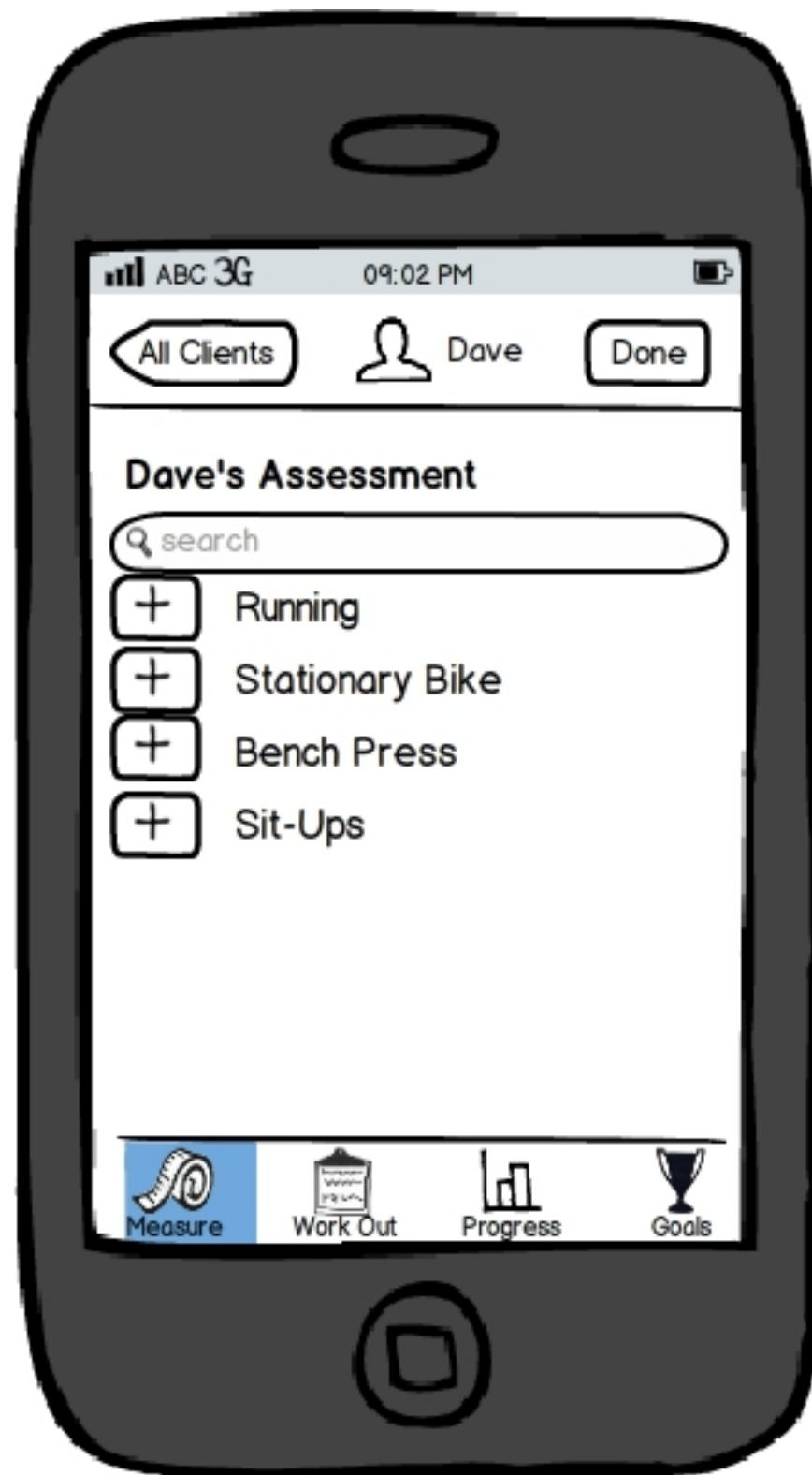
2 sets 40 reps

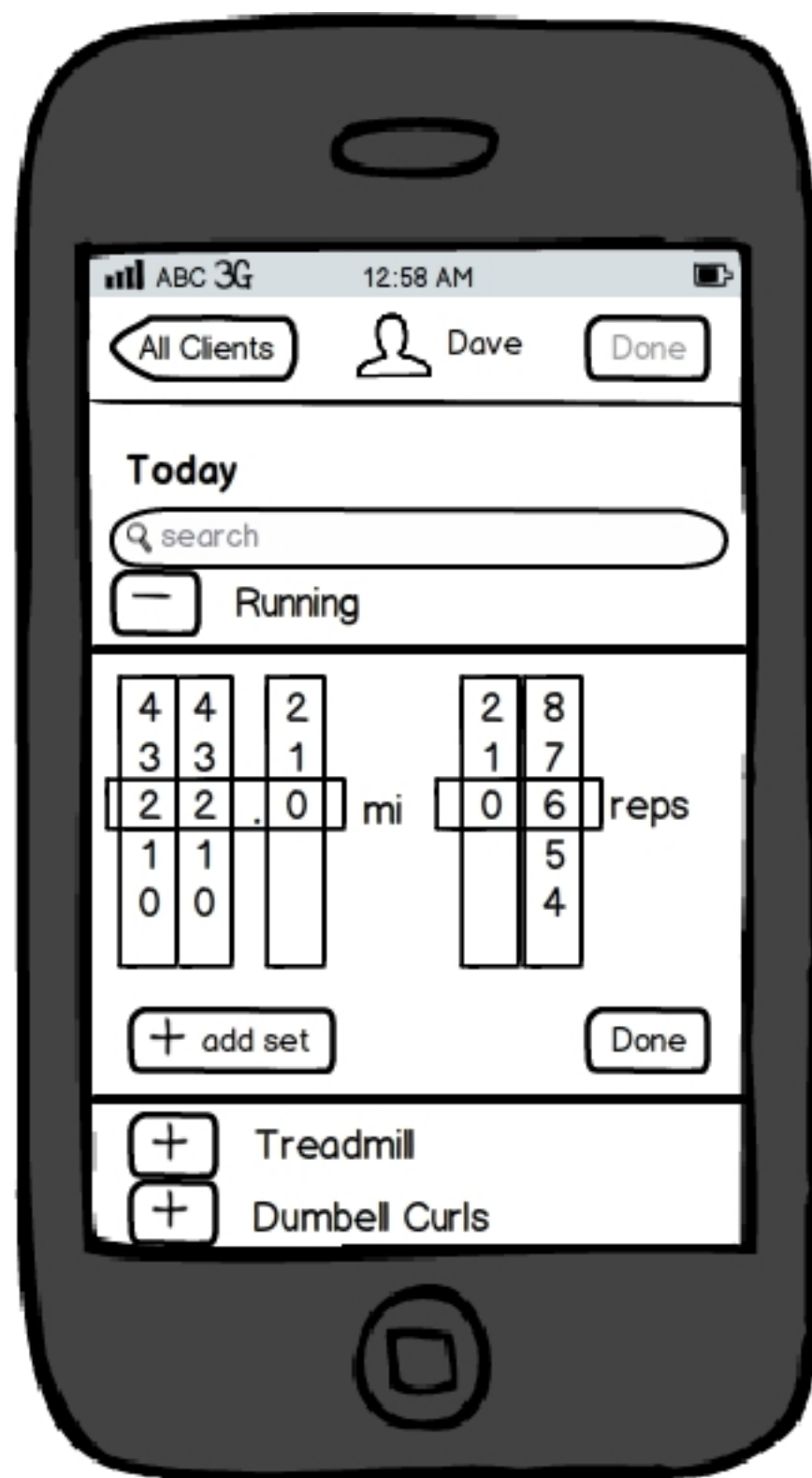
Measure

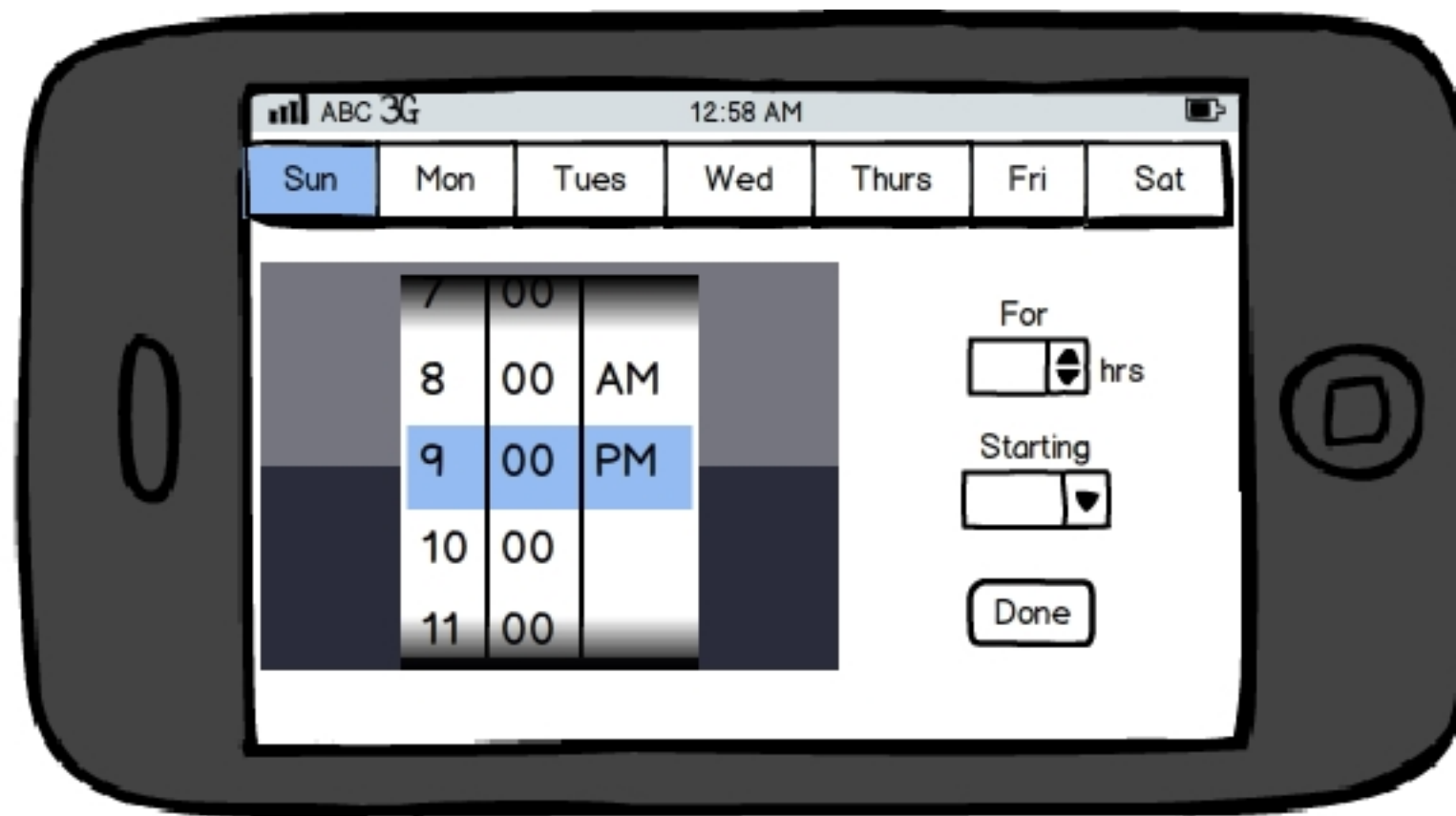
Work Out

Progress

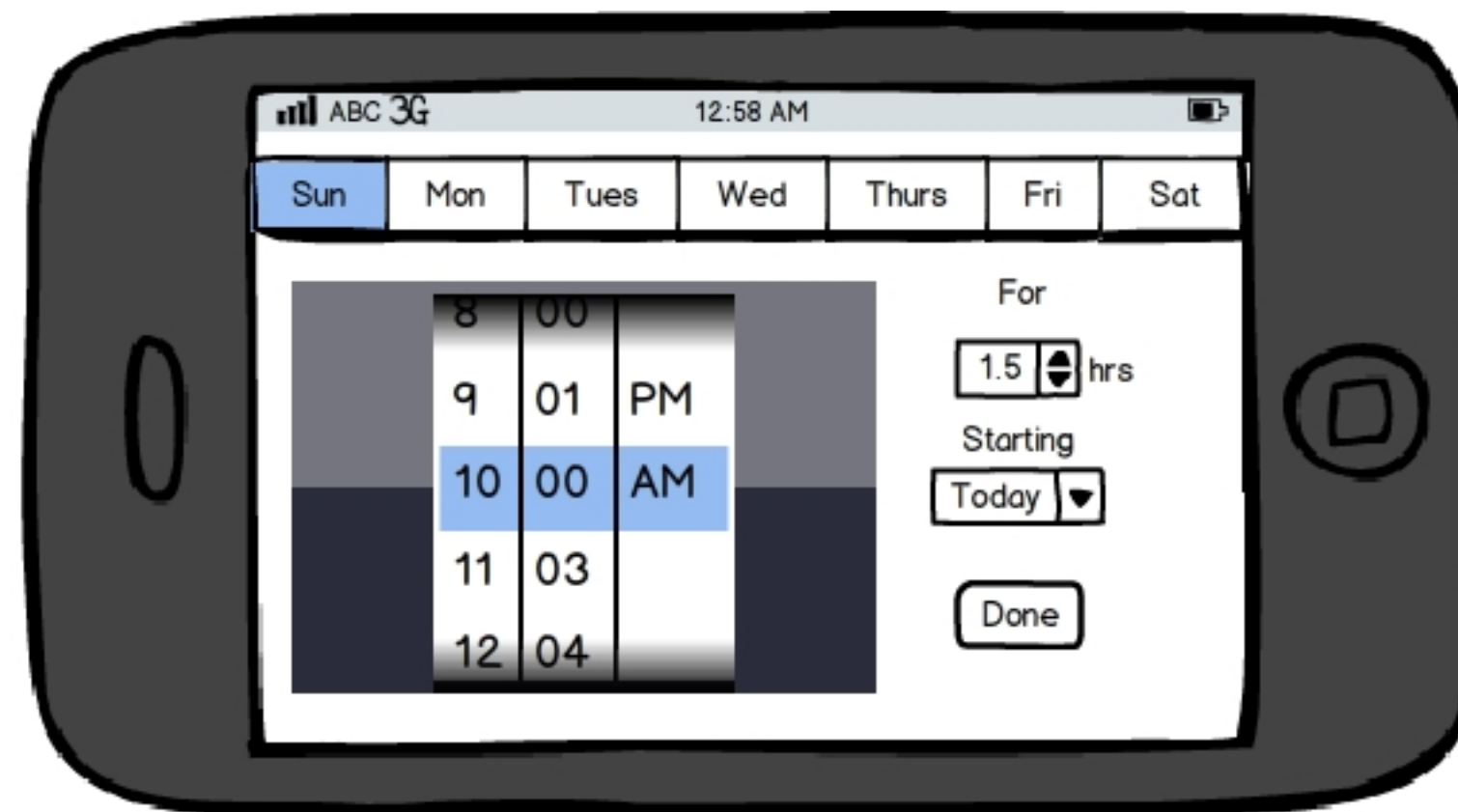
Goals

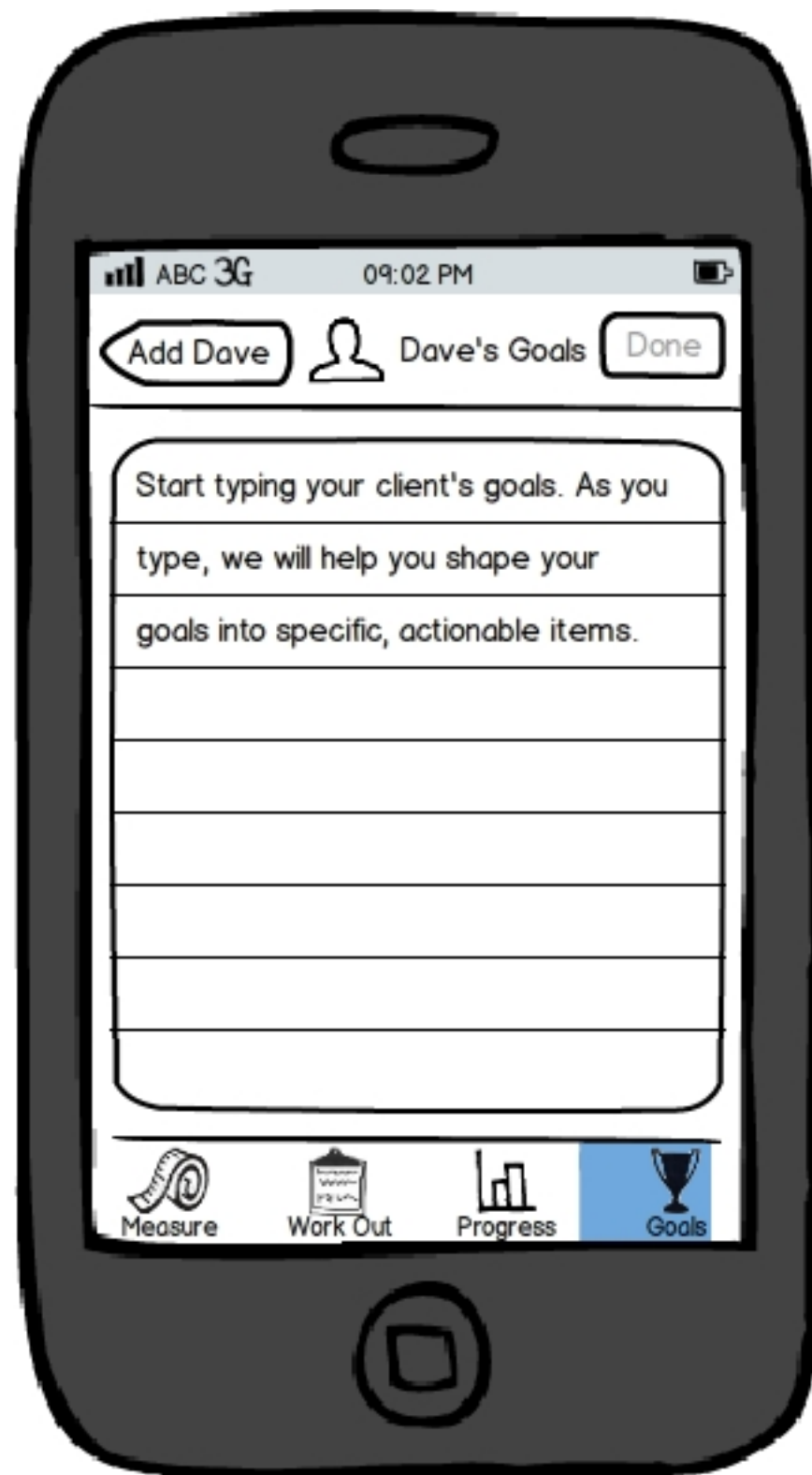






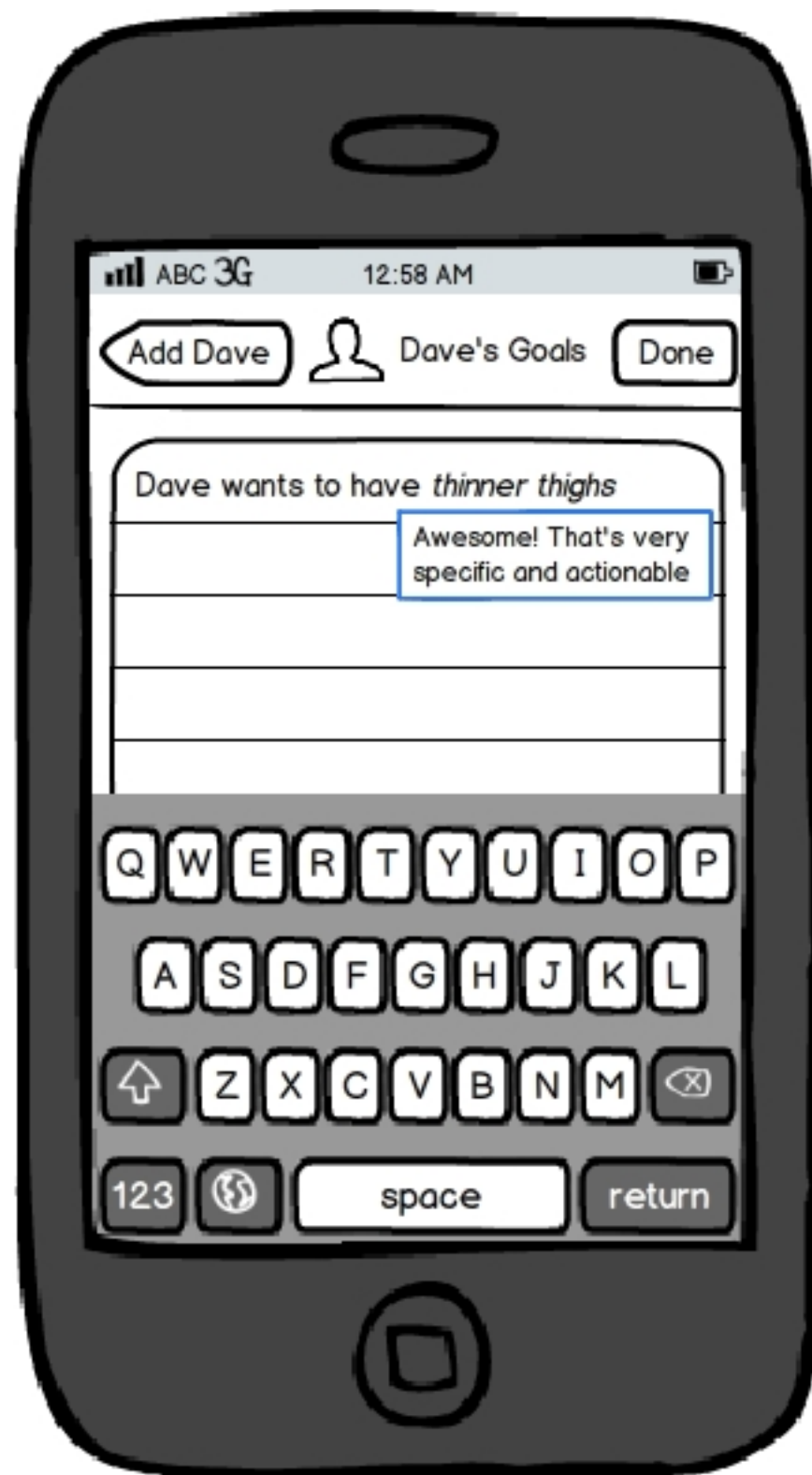


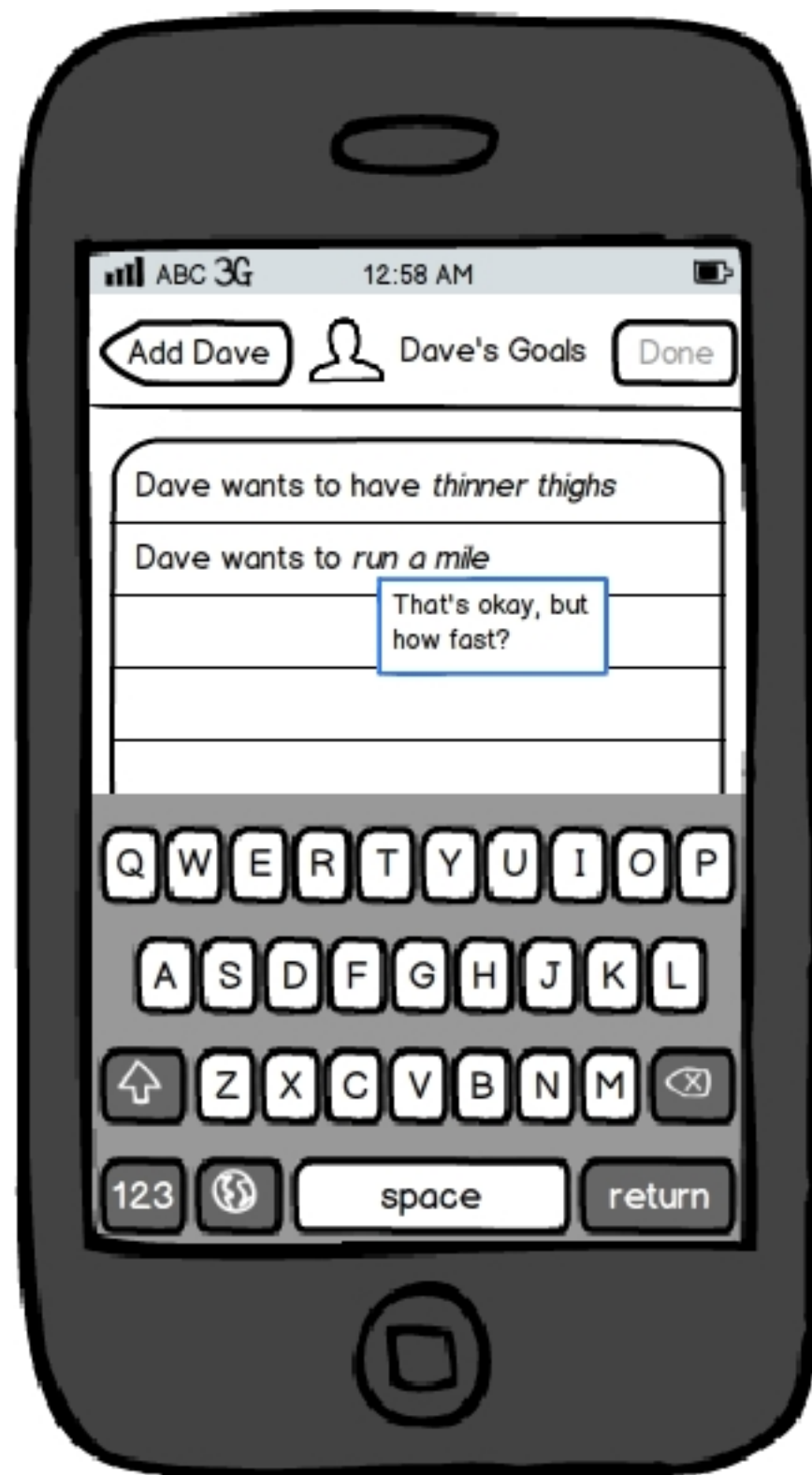








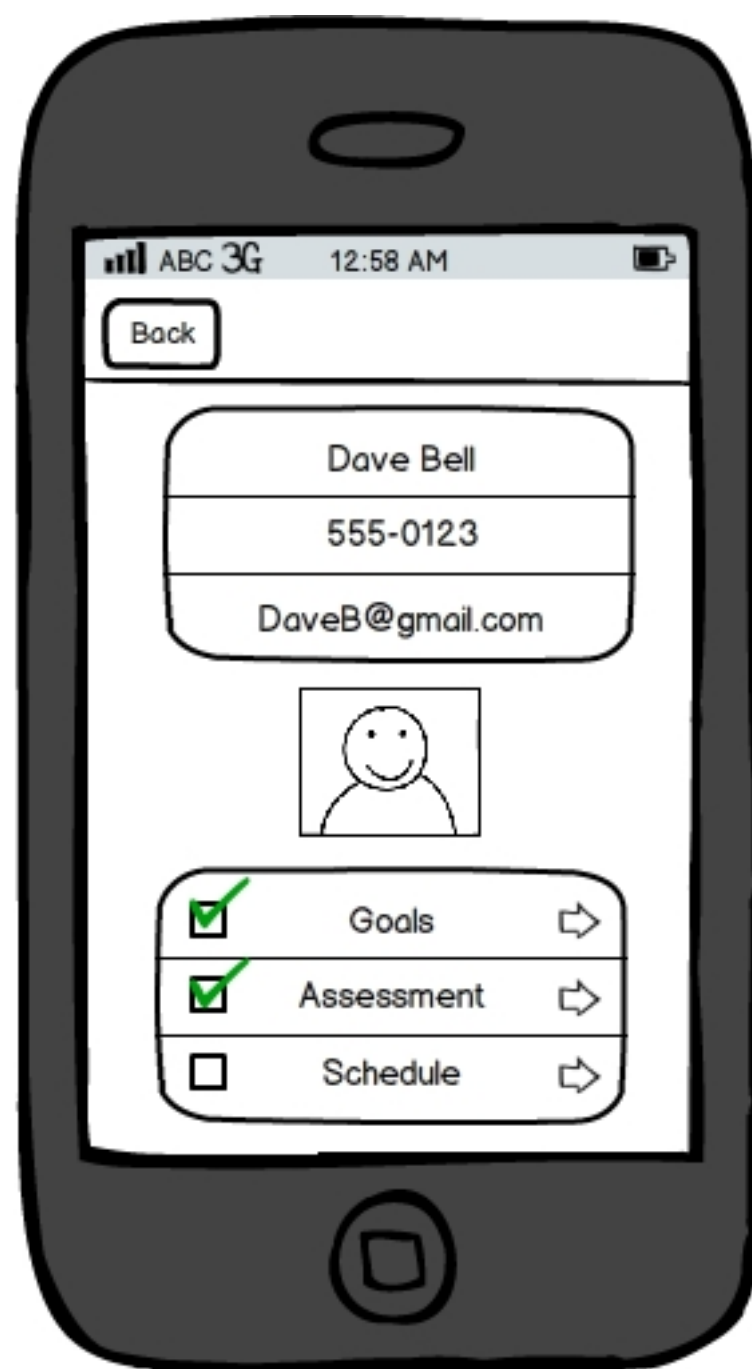


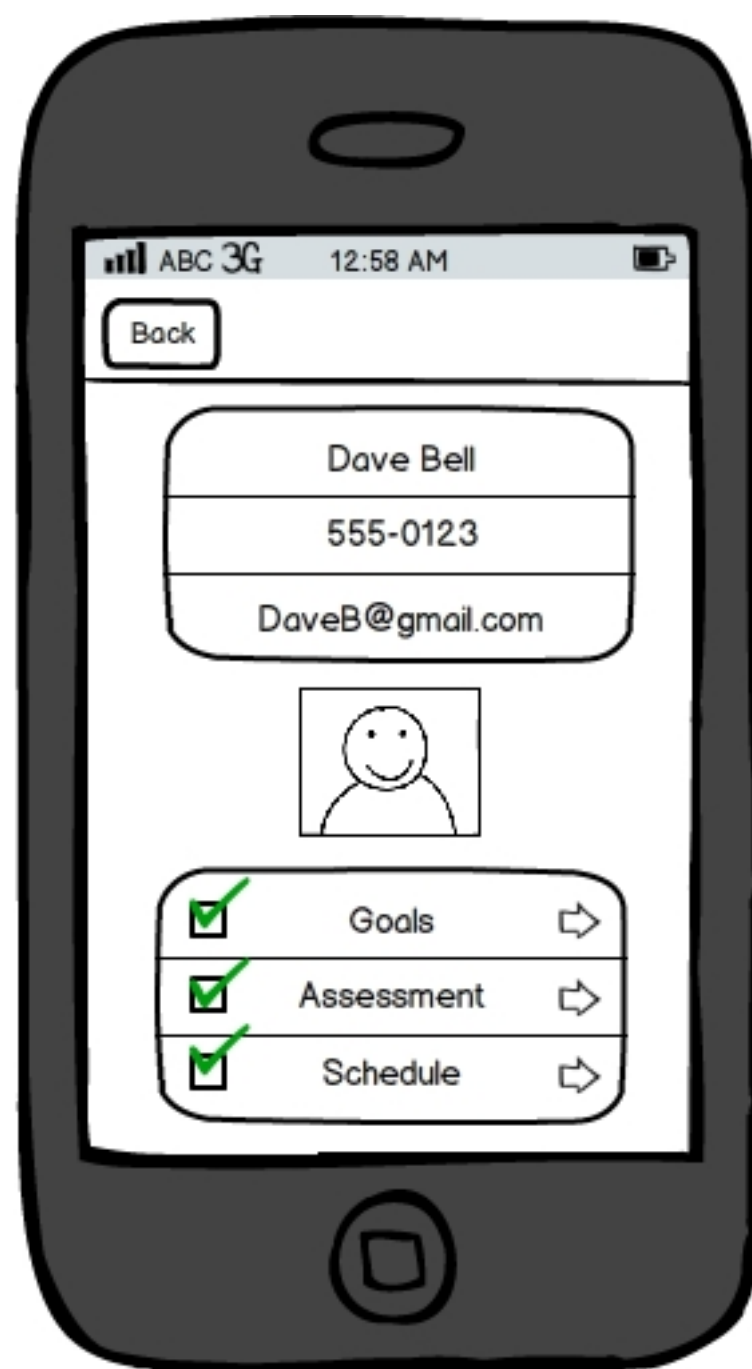


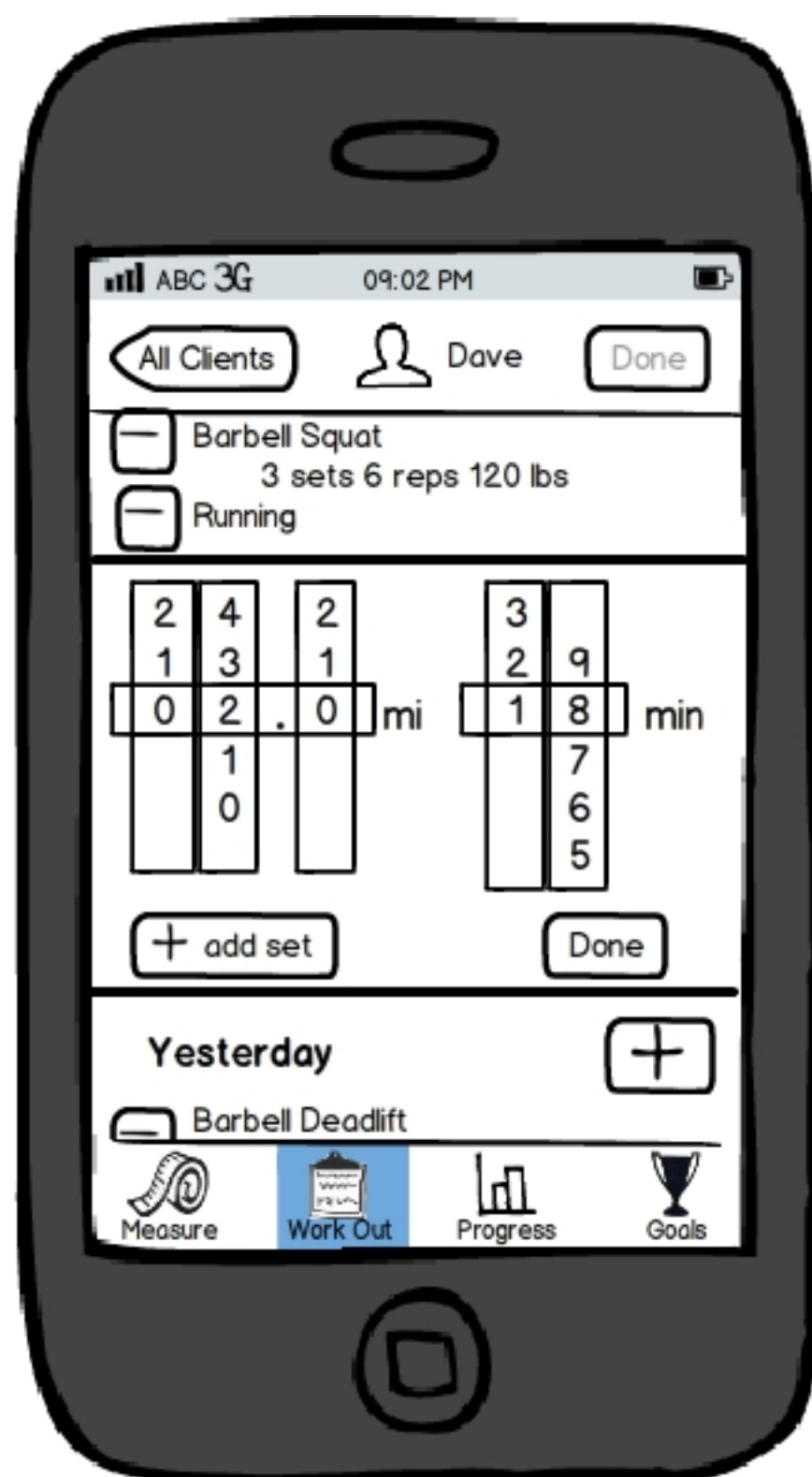












ABC 3G 09:02 PM

All Clients



Dave

Done



Barbell Squat

3 sets 6 reps 120 lbs



Running

2	4	2		3	
1	3	1		2	9
0	2	.	0	1	8
	1				7
	0				6
					5

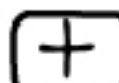
mi

min

+ add set

Done

Yesterday



Barbell Deadlift



Measure



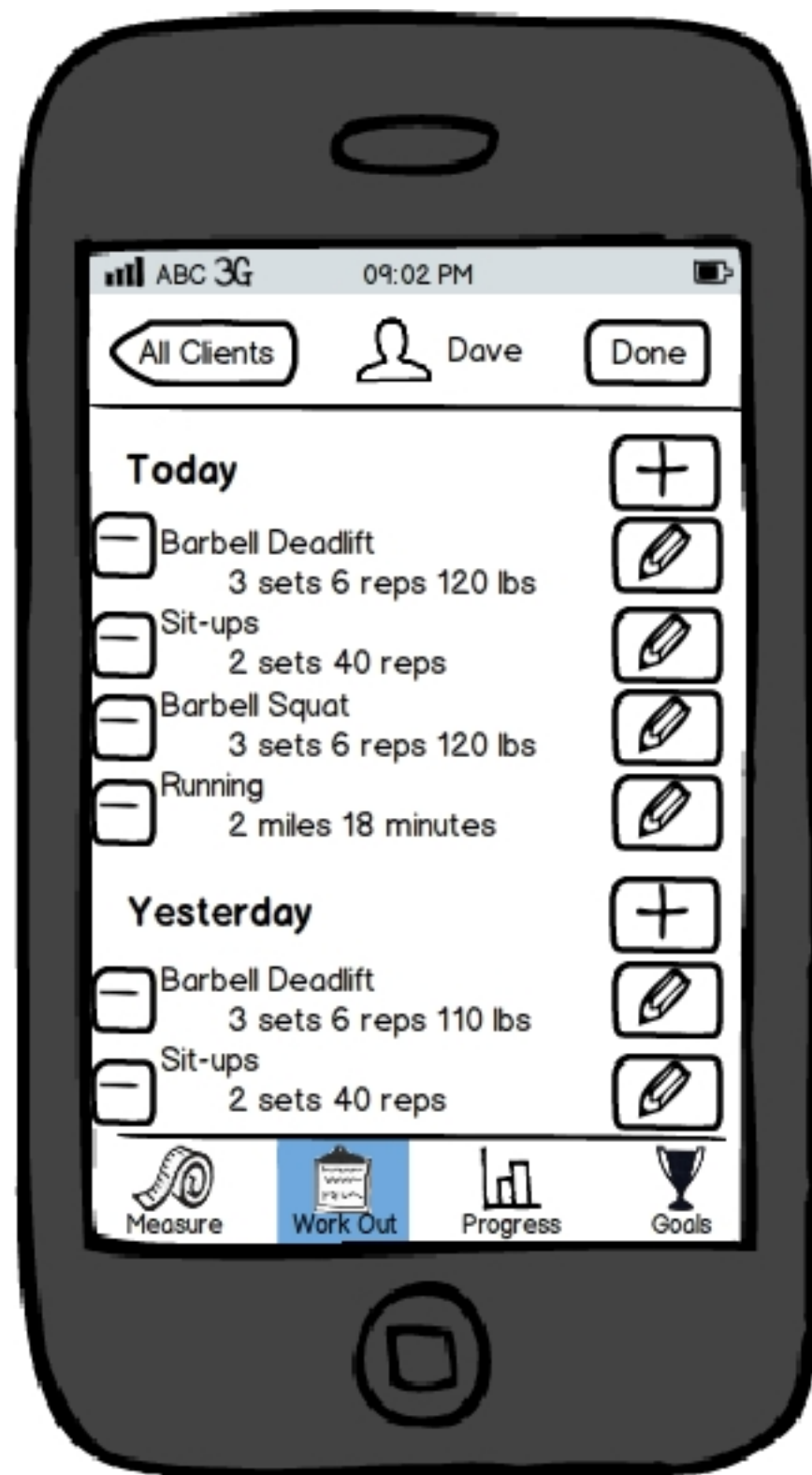
Work Out

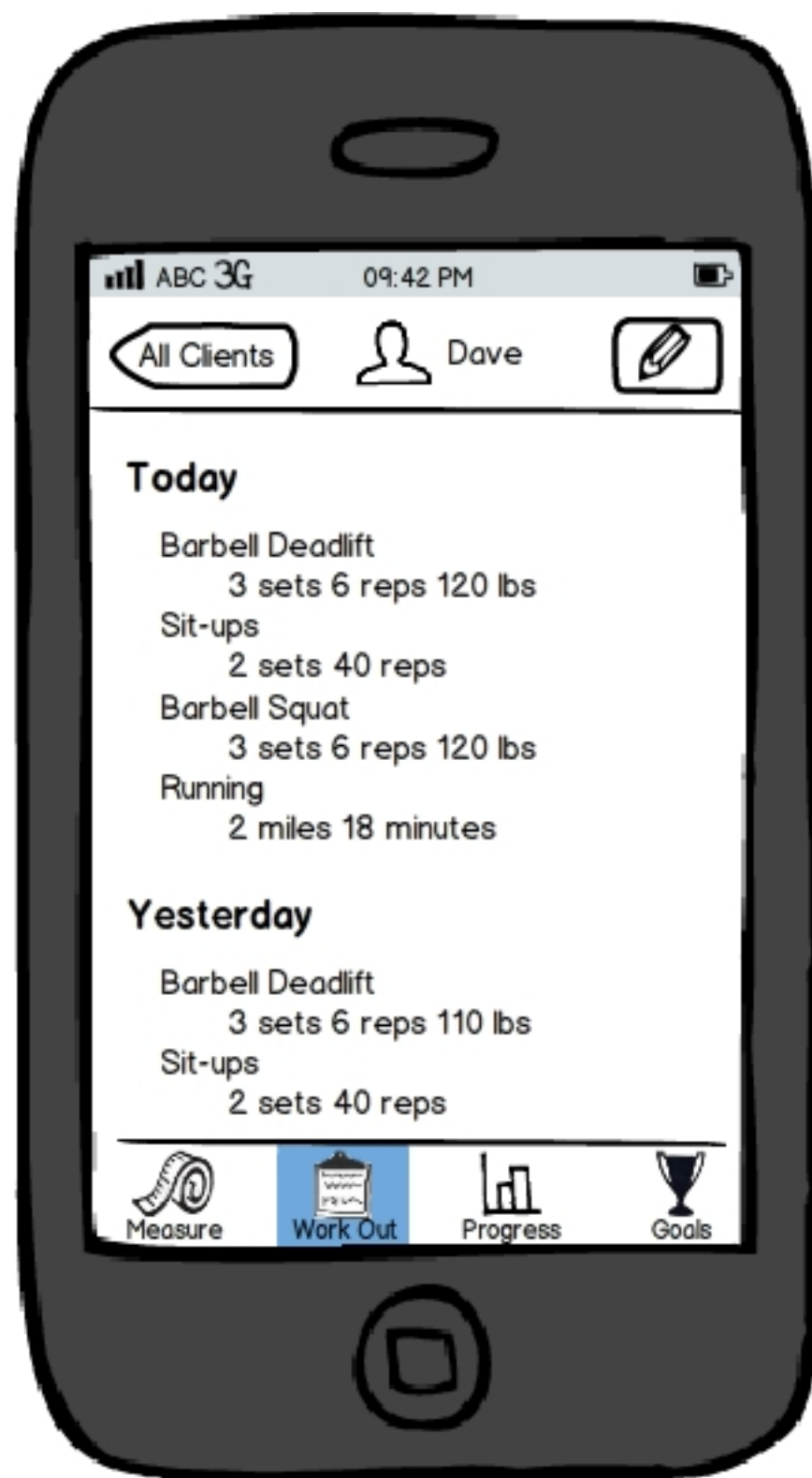


Progress




Goals






ABC 3G


09:42 PM



All Clients



Dave



## Today

Barbell Deadlift

3 sets 6 reps 120 lbs

Sit-ups

2 sets 40 reps

Barbell Squat

3 sets 6 reps 120 lbs

Running

2 miles 18 minutes


## Yesterday

Barbell Deadlift


3 sets 6 reps 110 lbs

Sit-ups


2 sets 40 reps




Measure



Work Out



Progress



Goals

