

# ***Gym Tracker***

*Email*

*Password*

Sign Up

# ≡ ***Gym Tracker***

Push A

Please set a Date

## ***Chest, Shoulders and Triceps***

Excercise 1

Excercise 1

Excercise 1

Excercise 1

Excercise 1



## *Chest, Shoulders and Triceps*

### Exercise 1

*Sets*

*Reps per Set*

*Rest*

5

3

90-120 sec

## Set 1

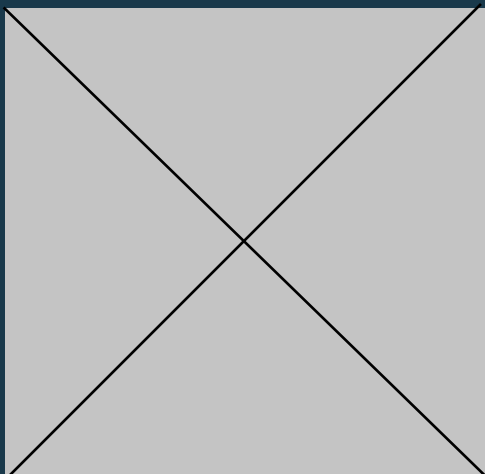
*Weight (Kg)*

*Comment*



Return to Exercises

# *Menu*



*Hey User!*

Excercise

My Progress

Settings

About Us

Log Out

# ≡ *Progress Tracker*

PUSH A

PUSH B

PULL A

PULL B

LEGS A

LEGS B