

# Select exercise to change

Action:

-----



Go

0 of 5 selected



EXERCISE



Body Weight Dips



Lateral Raise



Tricep Extension



Bicep Curl



Bench Press

5 exercises

# Select profile to change

Action:

-----



Go

0 of 3 selected



PROFILE



Bob



Mike



test

---

3 profiles

---

# Select workout entry to change

Action: ----- Go 0 of 3 selected

<input type="checkbox"/>	EXERCISE	SESSION	TOTAL SETS
<input type="checkbox"/>	Lateral Raise	Bob's workout on 2025-04-02	1
<input type="checkbox"/>	Bicep Curl	Mike's workout on 2025-04-18	2
<input type="checkbox"/>	Bench Press	test's workout on 2025-04-18	3

3 workout entrys

# Select workout session to change

Action:

-----



Go

0 of 3 selected



WORKOUT SESSION



Bob's workout on 2025-04-02



Mike's workout on 2025-04-18



test's workout on 2025-04-18

3 workout sessions