"What gets measured gets improved"

Start

Contact Us

FTTrackerPro

Build yourself

Username

Password

Sign In

Be Solid

Contact Us

Set Yourself Up

Username

Password

Re-enter Password

Sign Up

Grow

Contact Us

Harden

Record Workout

OR

Display Stats

Move Well

Contact Us

Ingrain Grit

Lift

OR

Run

Master the Mechanics

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Ingrain Grit

Session Name   17/01/2023

lift	kg	reps
bench press	70	13
bench press	75	10
bench press	80	8
bench press	82.5	6
pull up	10	13
pull up	15	11
pull up	20	7
pull up	20	7
pause squat	70	

Add Lift   Save & End

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Ingrain Grit

Session Name   17/01/2023

metres	mm:ss
5000	28:23

Add Run   Save & End

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Live & Learn

18/10/2022 - 17/01/2023

PR/Session

Volume/ Session

Pace/Session

+