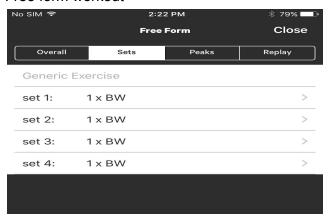
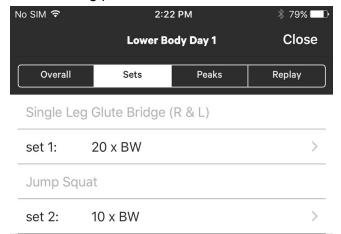
04.27.2017 user ID gennady+186@liveathos.com

Free form workout



Athos training plan

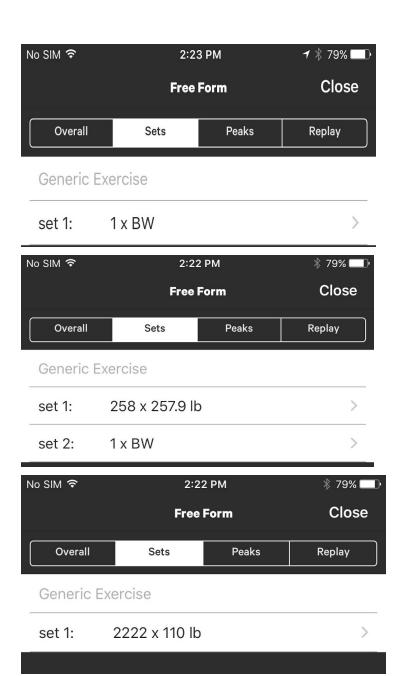
No SIM 🕏

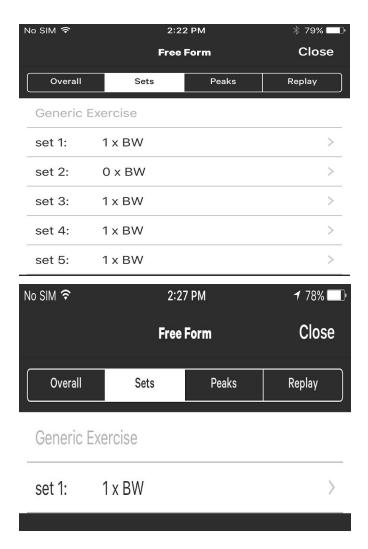


Free Form		Close	
Overall	Sets	Peaks	Replay
Generic Exercise			
set 1:	1 x BW		>
set 2:	1 x BW		>
set 3:	1 x BW		>

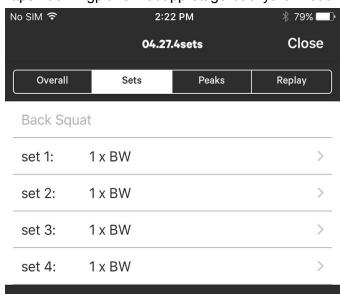
2:23 PM

→ 🔻 79% 🗖

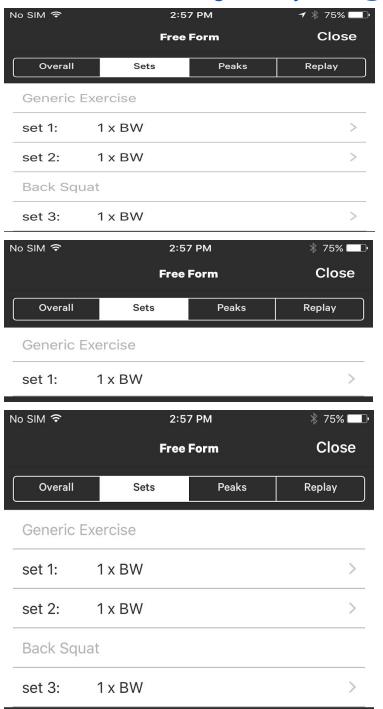


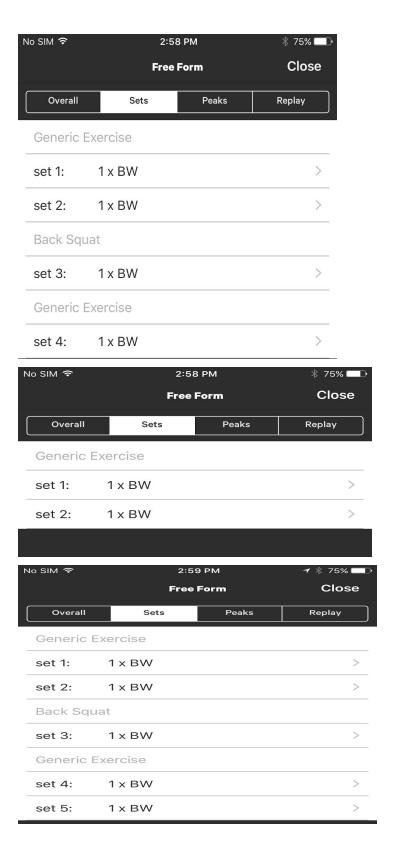


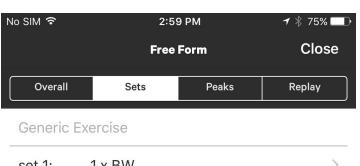
https://trainingplans-webapp-stage-backyard.liveathos.com/programs/1014



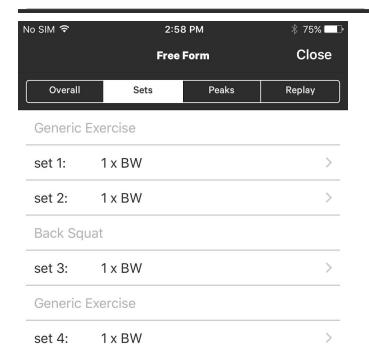
04.25.2017 user ID gennady+186@liveath

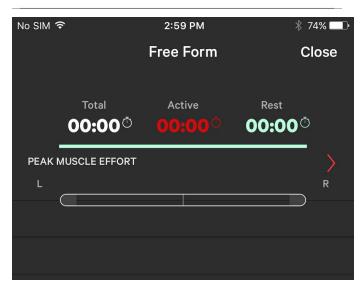


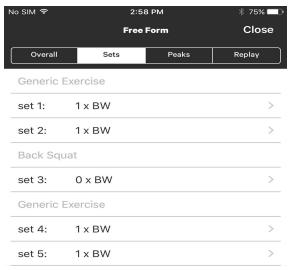


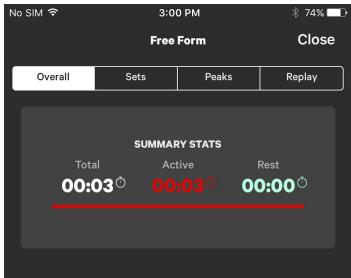


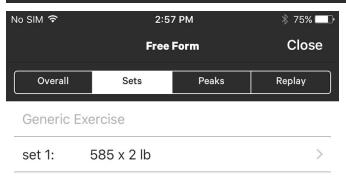












set 2:

1 x BW

https://trainingplans-webapp-stage-backyard.liveathos.com/programs/1019

