

04.27.2017 user ID gennady+186@liveathos.com

Free form workout

Free Form		Close
Overall	Sets	Peaks
Replay		
Generic Exercise		
set 1:	1 x BW	>
set 2:	1 x BW	>
set 3:	1 x BW	>
set 4:	1 x BW	>

Athos training plan

Lower Body Day 1		Close
Overall	Sets	Peaks
Replay		
Single Leg Glute Bridge (R & L)		
set 1:	20 x BW	>
Jump Squat		
set 2:	10 x BW	>

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

No SIM

2:23 PM

79%

Free Form

Close

Overall

Sets

Peaks

Replay

Generic Exercise

set 1: 1 x BW >

No SIM

2:22 PM

79%

Free Form

Close

Overall

Sets

Peaks

Replay

Generic Exercise

set 1: 258 x 257.9 lb >

set 2: 1 x BW >

No SIM

2:22 PM

79%

Free Form

Close

Overall

Sets

Peaks

Replay

Generic Exercise

set 1: 2222 x 110 lb >



No SIM

2:22 PM

79%

Free Form

Close

Overall

Sets

Peaks

Replay

Generic Exercise

set 1:	1 x BW	>
set 2:	0 x BW	>
set 3:	1 x BW	>
set 4:	1 x BW	>
set 5:	1 x BW	>

No SIM

2:27 PM

78%

Free Form

Close

Overall

Sets

Peaks

Replay

Generic Exercise

set 1:	1 x BW	>
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<https://trainingplans-webapp-stage-backyard.liveathos.com/programs/1014>

No SIM

2:22 PM

79%

04.27.4sets

Close

Overall

Sets

Peaks

Replay

Back Squat

set 1:	1 x BW	>
set 2:	1 x BW	>
set 3:	1 x BW	>
set 4:	1 x BW	>

04.25.2017 user ID [gennady+186@liveath](#)

No SIM

2:57 PM

75%

Free Form

Close

Overall

Sets

Peaks

Replay

Generic Exercise

set 1: 1 x BW >

set 2: 1 x BW >

Back Squat

set 3: 1 x BW >

No SIM

2:57 PM

75%

Free Form

Close

Overall

Sets

Peaks

Replay

Generic Exercise

set 1: 1 x BW >

No SIM

2:57 PM

75%

Free Form

Close

Overall

Sets

Peaks

Replay

Generic Exercise

set 1: 1 x BW >

set 2: 1 x BW >

Back Squat

set 3: 1 x BW >

No SIM

2:58 PM

75%

Free Form

Close

Overall

Sets

Peaks

Replay

Generic Exercise

set 1: 1 x BW >

set 2: 1 x BW >

Back Squat

set 3: 1 x BW >

Generic Exercise

set 4: 1 x BW >

No SIM

2:58 PM

75%

Free Form

Close

Overall

Sets

Peaks

Replay

Generic Exercise

set 1: 1 x BW >

set 2: 1 x BW >



No SIM

2:59 PM

75%

Free Form

Close

Overall

Sets

Peaks

Replay

Generic Exercise

set 1: 1 x BW >

set 2: 1 x BW >

Back Squat

set 3: 1 x BW >

Generic Exercise

set 4: 1 x BW >

set 5: 1 x BW >

No SIM

2:59 PM

75%

Free Form

Close

Overall

Sets

Peaks

Replay

Generic Exercise

set 1: 1 x BW >

No SIM

2:58 PM

75%

Free Form

Close

Overall

Sets

Peaks

Replay

Generic Exercise

set 1: 1 x BW >

set 2: 1 x BW >

Back Squat

set 3: 1 x BW >

Generic Exercise

set 4: 1 x BW >

No SIM

2:59 PM

74%

Free Form

Close

Total

Active

Rest

00:00

00:00

00:00

PEAK MUSCLE EFFORT

>

L

R

No SIM

2:58 PM

75%

Free Form

Close

Overall

Sets

Peaks

Replay

Generic Exercise

set 1: 1 x BW

set 2: 1 x BW

Back Squat

set 3: 0 x BW

Generic Exercise

set 4: 1 x BW

set 5: 1 x BW

No SIM

3:00 PM

74%

Free Form

Close

Overall

Sets

Peaks

Replay

SUMMARY STATS

Total

00:03

Active

00:03

Rest

00:00

No SIM

2:57 PM

75%

Free Form

Close

Overall

Sets

Peaks

Replay

Generic Exercise

set 1: 585 x 2 lb

set 2: 1 x BW

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

No SIM2:59 PM75%

redo+pause

Close

Overall

Sets

Peaks

Replay

Back Squat

set 1:1 x BW>

123e

set 2:1 x BW>

1 leg

set 3:1 x BW>