

Good Morning,  
John!

You're exerting 95 lbs of force:



15% less than the previous month

Intended Focus:  
Legs

Load Potential:  
Med-Low

Recommendations:

- Reduce load by 10% to prevent over-exertion
- Alternative acitivites including: Hot yoga, bike ride, endurance walking
- Keep a neutral spine while maintaining slight curvature of the back

