

## Quick Stats

This Week

# 1 workouts

## Muscle Focus

Chest: 1 workouts

🗑️ Clear All Data



# Gym Workout Logger

Track your workouts and see your progress!



The pain you feel today will be the strength you feel tomorrow!

Total Workouts

1

Total Volume

900 kg

Avg Volume

900 kg

Top Exercise

Bench Press



## Log New Workout

Muscle Group

Chest

Exercise

Bench Press

Weight (kg)

30.00

- +

Sets

3

- +

Reps

10

- +

Notes

Feeling strong



Log Workout



## Workout Stats

Volume

900 kg

Last Weight

30.0 kg

Best Weight

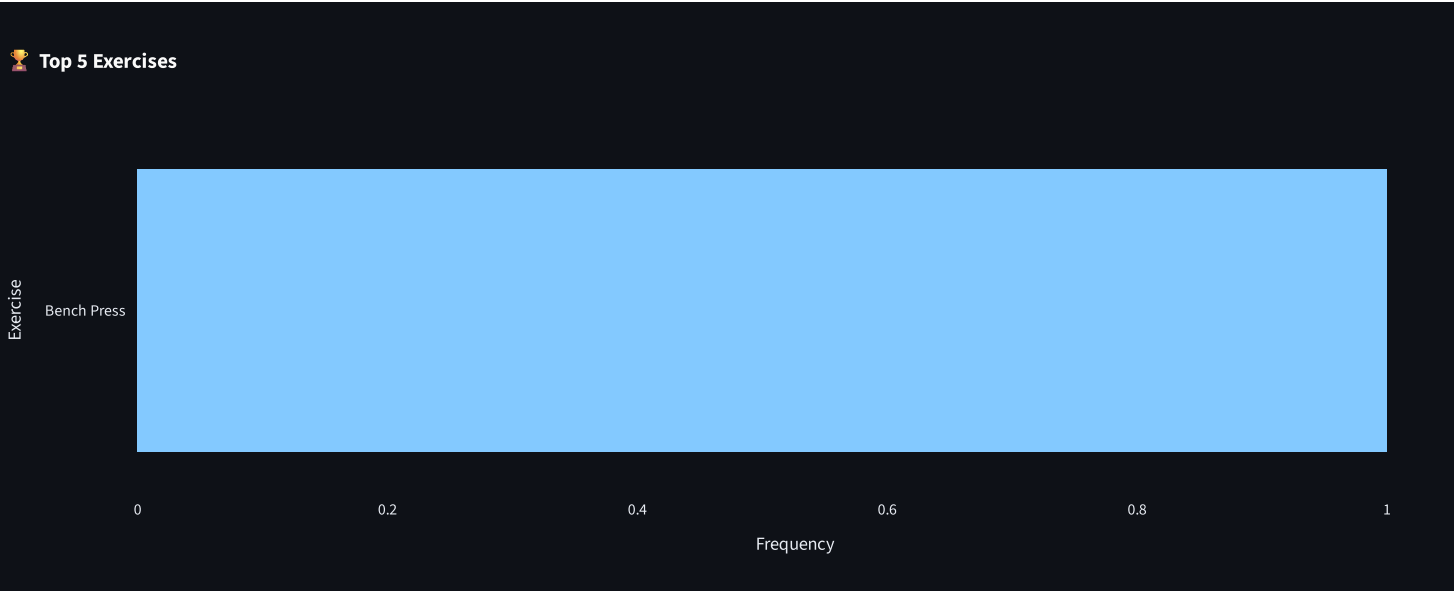
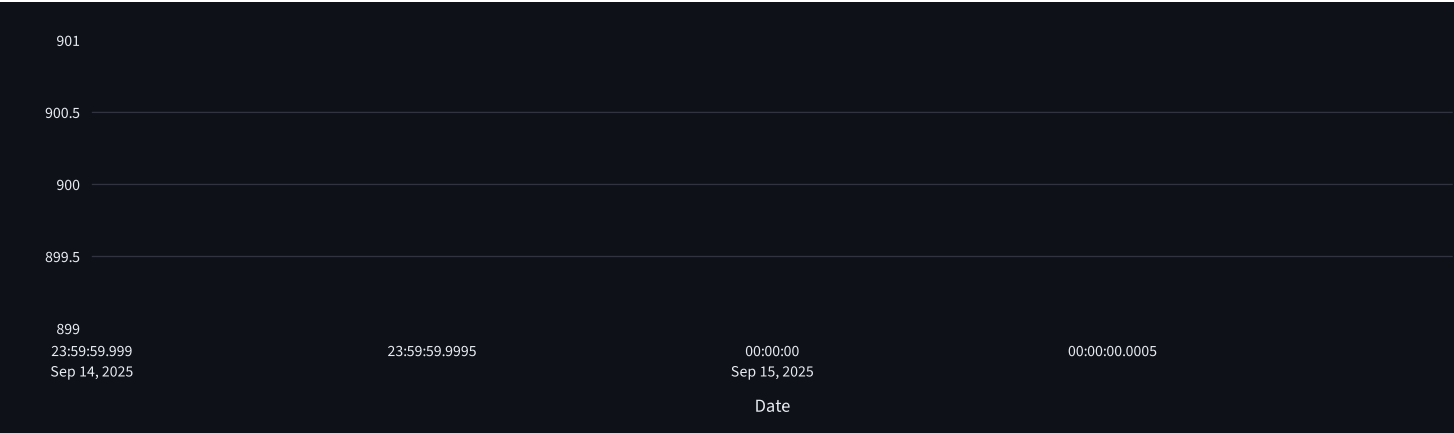
30.0 kg



## Your Progress



Weekly Progress - Training Volume



Recent Workouts

	date	exercise	weight	sets	reps	volume
0	2025-09-15	Bench Press	30	3	10	900

Export All Data

👊 Keep pushing your limits! Track consistently to see amazing progress!