Standing Crunch Volume 0.050 0.025 0.000 -0.025 -0.050Weight 0.050 0.025 -0.000 --0.025 -0.050 Reps 15.050 Measure 15.025 Average 15.000 -Max Number 14.975 Total 14.950 Sets 2.025 -2.000 1.975 -1.950 OneRM 0.050 0.025 0.000 --0.025 **-**

Feb 29

Mar 02

-0.050

Feb 27