



EasyFit



Username

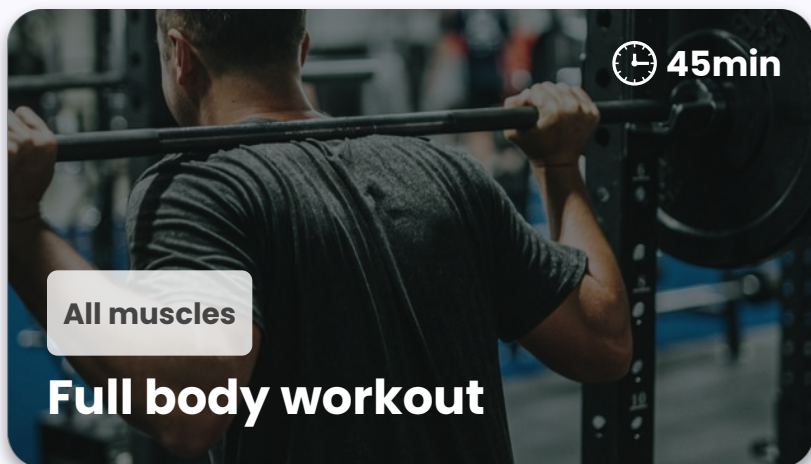


Password

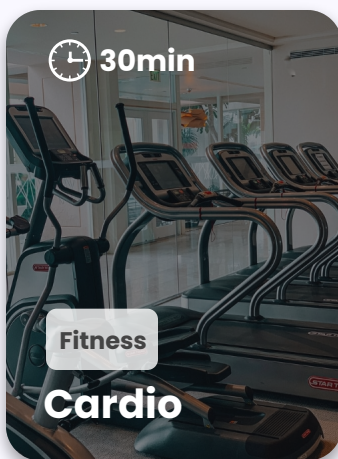
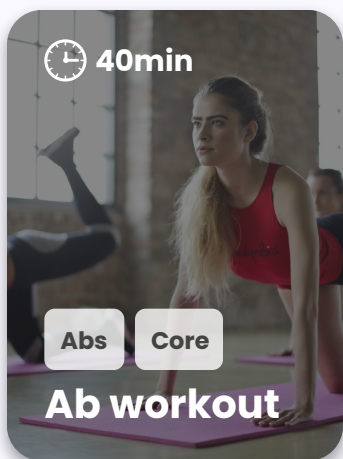
Login

Home

Previous workout



Other workouts



Or..

Create a new workout



Create

Save 

New workout



Add cover image



Add muscle type

Exercises



Search for exercises..

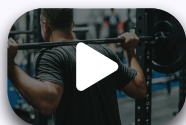


Name

Deadlift

Amount

3 x 5

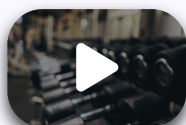


Name

Squat

Amount

3 x 7

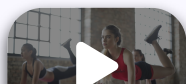


Name

Bicep curl

Amount

3 x 10



Name

Sit-up

Amount

3 x 15



Start

 45min

Full body workout

Elapsed time: 00:00

All muscles

Start workout

Current

Deadlift

3 x 5

Mark as done

Information

Up next

Squat

3 x 7



Wed, Jan 6, 2021

Daily statistics

Sun

03

Mon

04

Tue

05

Wed

06

Strength



80

Reps



12

Exercises



60

Minutes

Fitness



85

BPM



380

Calories



723

Steps



Profile

Luc Swinkels 



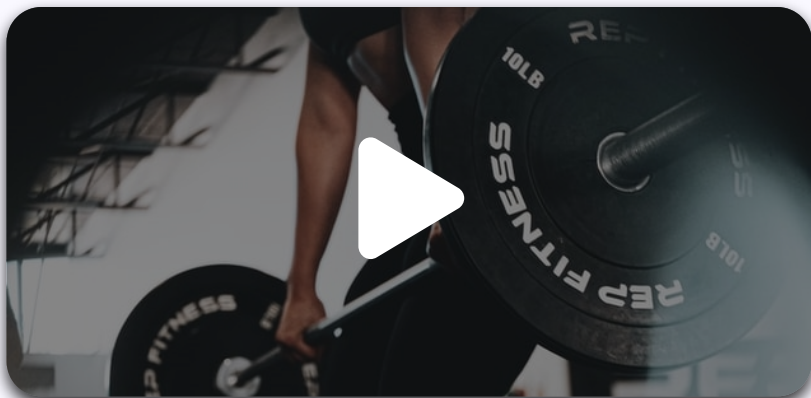
In progress..







Deadlift



Muscles involved

Legs

Back

Traps

Abs

About

The deadlift is considered a total body movement because there are several muscles used in both the lower and upper body.

Warnings

Build your way up with the weight. Proper form is key to a successful Deadlift. Before attempting heavy lifts, make sure your form is correct to avoid any injuries.





Settings

In progress..



