



Username



Password

Login

Don't have an account? [Create one now!](#)



Create account



Username

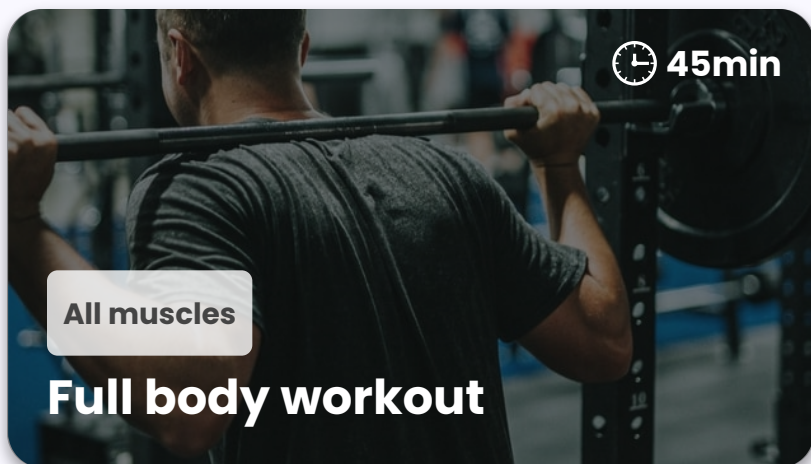


Password

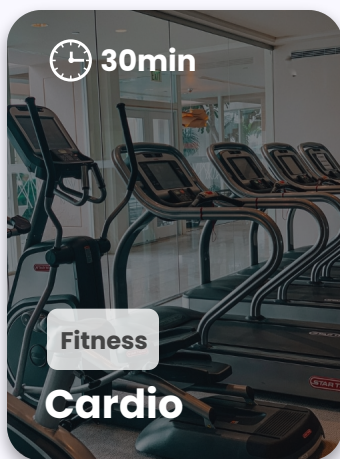
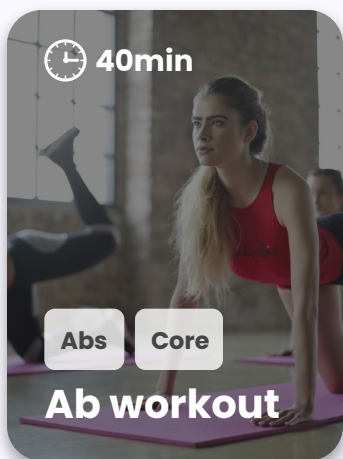
Create account

Home

Suggested workout



Other workouts



Or..

Create a new workout





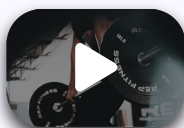
New workout



Add cover image

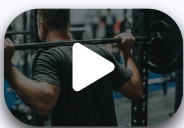
Exercises

 Search for excercises..



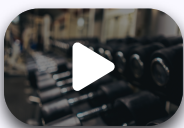
Name
Deadlift

Amount
3 x 5



Name
Squat

Amount
3 x 7



Name
Bicep curl

Amount
3 x 7



Name
Sit-ups

Amount
3 x 15





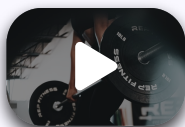
 45min

Full body workout

Elapsed time: 00:00

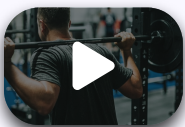
All muscles

Start workout



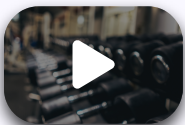
Name
Deadlift

Amount
3 x 5



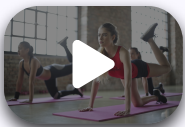
Name
Squat

Amount
3 x 7



Name
Bicep curl

Amount
3 x 7



Name
Sit-ups

Amount
3 x 15



Name

Amount





 45min

Full body workout

Elapsed time: 00:41

All muscles

Pause workout

Current

Deadlift

3 x 5

Mark as done

Information

Up next

Squat

3 x 7





 45min

Full body workout

Elapsed time: 00:51

All muscles

Pause workout

Current

Squat

3 x 7

Mark as done

Information

Up next

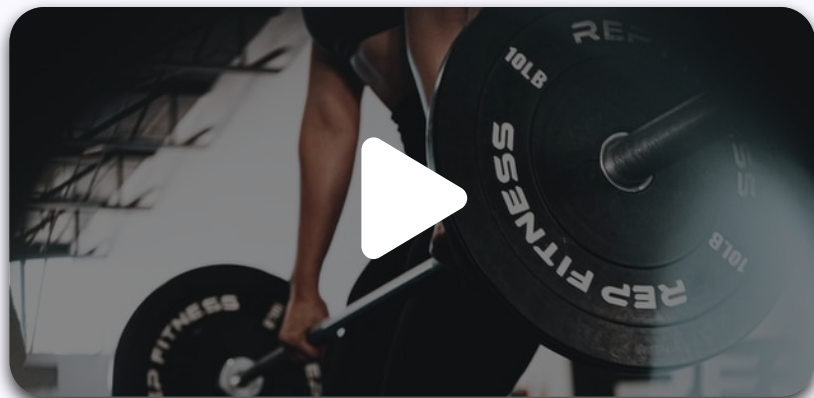
Bicep curl

3 x 10





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.





Daily statistics

January

Sun

03

Mon

04

Tue

05

Wed

06

Strength



80

Reps



12

Exercises



60

Minutes

Fitness



85

Average BPM



380

Calories



723

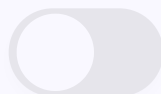
Steps



Settings

General

Dark theme



Automatic sign-in



Automatic connections



Smart workout schedule



Account

View profile

Logout

Connections



Add new connection

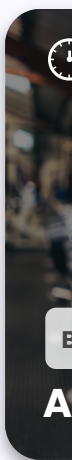
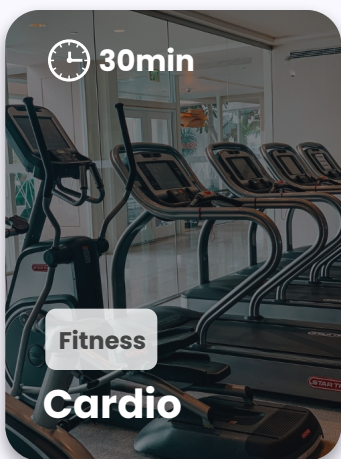
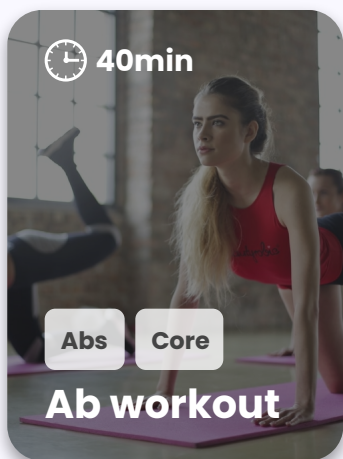




Luc Swinkels

Active since 10/1/2021

Favorite workouts



Personal records



Achieved 100kg deadlift on 10/1/2021



Achieved 90kg squat on 10/1/2021



Most calories burned: 575 on 10/1/2021

