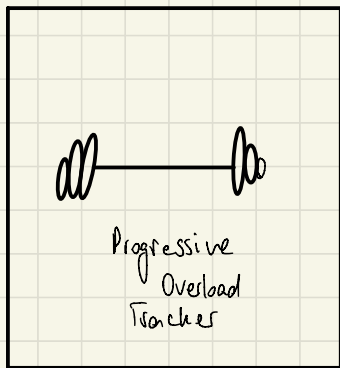
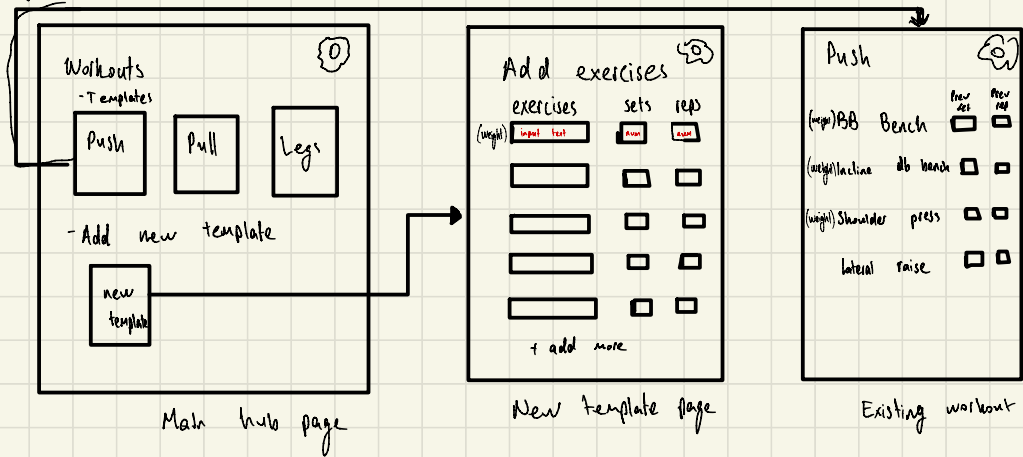


Progressive overload tracker



Main loading page

The settings page contains four configuration options, each with a dropdown menu:

- weight:** lbs / kg
- theme:** light / dark
- Select language:** English
- Size Unit:** us / imperial

settings page