

Past sessions

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Suggested usage

Past sessions

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Help



Save workout

Workout name: Finger endurance

Date: 18 October 2018

Dead hangs flat sloper

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

Completed all



Dead hangs thin crimp

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

Failing on last few reps



Dead hangs pinch

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

Failing mid way through



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Name workout

Add exercises

Confirm

Give your workout a name and target completion date

Name:

Finger endurance

Date:

18



October



2018



Next

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Name workout

Add exercises

Confirm

Add some exercises to your workout



Add exercise

Dead hangs flat sloper

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

Remove exercise

Dead hangs thin crimp

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

Remove exercise

Back

Next

Past sessions

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Help

Completed:

Finger endurance

18 October 2018

Dead hangs flat sloper

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

Result: Completed all

Dead hangs thin crimp

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

Result: Failing on last few reps

Dead hangs pinch

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

Result: Failing mid way through

Past sessions

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Create workout

This month

Finger stamina 1	Sat 21st	Run workout	View details
Finger stamina 1	Sat 21st	Run workout	View details
Finger stamina 1	Sat 21st	Run workout	View details
Finger stamina 1	Sat 21st	Run workout	View details
Finger stamina 1	Sat 21st	Run workout	View details

August 2018

Finger stamina 1	Sat 21st	Run workout	View details
Finger stamina 1	Sat 21st	Run workout	View details
Finger stamina 1	Sat 21st	Run workout	View details
Finger stamina 1	Sat 21st	Run workout	View details
Finger stamina 1	Sat 21st	Run workout	View details

September 2018

Finger stamina 1	Sat 21st	Run workout	View details
Finger stamina 1	Sat 21st	Run workout	View details
Finger stamina 1	Sat 21st	Run workout	View details
Finger stamina 1	Sat 21st	Run workout	View details
Finger stamina 1	Sat 21st	Run workout	View details

Past sessions

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Help

This month

Finger stamina 1

Sat 21st

Easy

[View details](#)

Finger stamina 1

Sat 21st

Easy

[View details](#)

Finger stamina 1

Sat 21st

Easy

[View details](#)

Finger stamina 1

Sat 21st

Easy

[View details](#)

Finger stamina 1

Sat 21st

Easy

[View details](#)

Finger stamina 1

Sat 21st

Easy

[View details](#)

This month

Finger stamina 1

Sat 21st

Easy

[View details](#)

Finger stamina 1

Sat 21st

Easy

[View details](#)

Finger stamina 1

Sat 21st

Easy

[View details](#)

Finger stamina 1

Sat 21st

Easy

[View details](#)

Finger stamina 1

Sat 21st

Easy

[View details](#)

Finger stamina 1

Sat 21st

Easy

[View details](#)

This month

Finger stamina 1

Sat 21st

Easy

[View details](#)

Finger stamina 1

Sat 21st

Easy

[View details](#)

Finger stamina 1

Sat 21st

Easy

[View details](#)

Finger stamina 1

Sat 21st

Easy

[View details](#)

Finger stamina 1

Sat 21st

Easy

[View details](#)

Finger stamina 1

Sat 21st

Easy

[View details](#)

Past sessions

Future sessions

Exercises

Help

Are you sure you want to delete
the workout

Finger endurance

Yes

No

Past sessions

Future sessions

Exercises

Help



Name workout

Add exercises

Confirm

Review your workout details and confirm

Future session:

Finger endurance

18 October 2018

Dead hangs flat sloper

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

Dead hangs thin crimp

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

Dead hangs pinch

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

Back

Create workout

Past sessions

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Future session:

Finger endurance
18 October 2018

[Edit workout](#)

Dead hangs flat sloper

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

Dead hangs thin crimp

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

Dead hangs pinch

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

[Delete workout](#)

Past sessions

Future sessions

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Create exercise

Name:

Finger endurance

Number of sets:

2



Number of reps:

10



Notes:

Type something...

Past sessions

Future sessions

Exercises

Help

Update exercise

Exercise name

Finger endurance

Number of sets:

2



Number of reps:

10



Notes:

Type something...

Past sessions

Future sessions

Exercises

Help

Are you sure you want to update
the workout

Finger endurance

Yes

No

Past sessions

Future sessions

Exercises

Help

Are you sure you want to update
the exercise

Dead hangs flat sloper

Yes

No

Past sessions

Future sessions

Exercises

Help

Update workout

Workout name

Finger endurance

Workout date

18



October



2018



Exercise

—



Add to workout

Dead hangs flat sloper

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

Remove exercise

Dead hangs thin crimp

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

Remove exercise

Past sessions

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Help

Are you sure you want to delete
the exercise

Dead hangs flat sloper

Yes

No

Past sessions

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Help

Create exercise

Dead hangs flat sloper

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

Edit

Delete

Dead hangs flat sloper

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

Edit

Delete

Dead hangs flat sloper

Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,
1 minute rest between reps

Edit

Delete