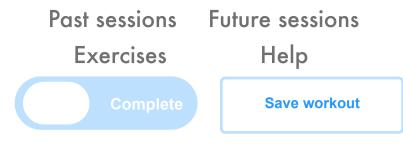
Suggested usage



Workout name: Finger endurance

Date: 18 October 2018



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

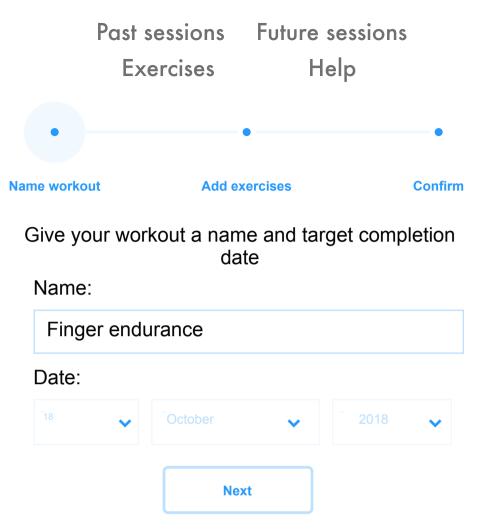
Dead hangs pinch

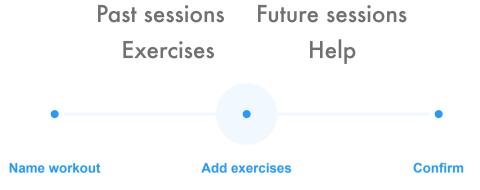
Sets: 2, Reps 10

Notes: 7 seconds on, 3 seconds off,

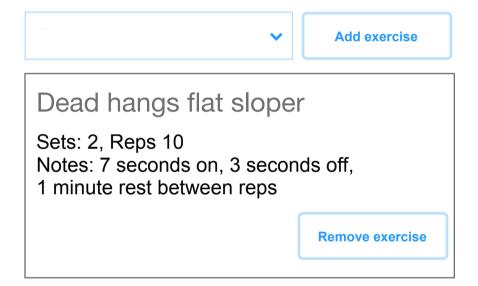
1 minute rest between reps

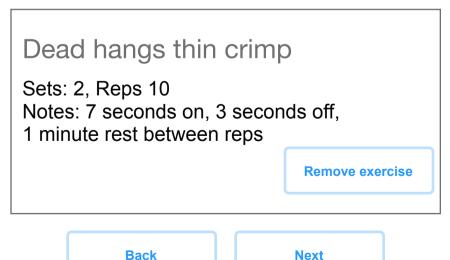
Failing mid way through 🗸





Add some exercises to your workout





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 <u>Future sessions</u> Exercises

Help

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 Future sessions 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

Help

Are you sure you want to delete the workout

Finger endurance

Yes

No

Past sessions Future sessions 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 Future sessions Help

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

Create exercise

Name:



2

Number of sets: Number of reps:

10

Notes:

Type something...

Update exercise

Exercise name

Finger endurance

2

Number of sets: Number of reps:

10

Notes:

Type something...

Are you sure you want to update the workout

Finger endurance

Yes

No

Are you sure you want to update the exercise

Dead hangs flat sloper

Yes No

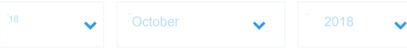
Help

Update workout

Workout name

Finger endurance

Workout date



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

Past sessions Future sessions Help

Are you sure you want to delete the exercise

Dead hangs flat sloper

Yes

No

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