

search for keywords

search my workouts?  
search team workouts

1/02

Sun	Mon	Tues	Wed
1/01	1/02	1/03	1/04
48	1/9		

search my workouts

My Select a Team

- Superfly 2016
- Superheavy 2016
- Nightlock
- Team Grease
- View My Workouts
- Join/Create a Team
- Account Settings

My Workouts

Tuesday, January 9

+ Add to Workout

▼ Squats

- 2 sets, 8 reps, 135 lbs
- 1 set, 6 reps, 145 lbs

Notes/Comments

Superfly 2016

Player	Mon	Tues	Wed
Moose	1/01	1/02	1/03
Vrock			
Dozer			

search Superfly 2016 workouts

Logo Hi, John!

View Teams

Enter workout

View history/my workouts

Faves | All | ~~Search~~

Squats

leg Press

+

← maybe organized by:

- 1) history/recent
- 2) body area

→ autofills from last entry?

Ⓐ

Squats

Sets:

Reps:

Weight:

Add another

Cancel

Done

Add to workout

Which teams do you want to post to?

☐ Superfly '16

☐ #teamfun

☐ Bloodthirsty

...

☐ #JT

Cancel

Post

Squats

Sets: 
0
8
5

Reps: 
0
50
12

Weight: 
0
300
190

AA
Cancel
Done

OR

Squats

Sets: 

2
3
4
5
6

Reps: 


Weight: 


AA
Cancel
Done

Data Entry Options





Sets:

-  +

Reps:

-  +

Weight:

-  +

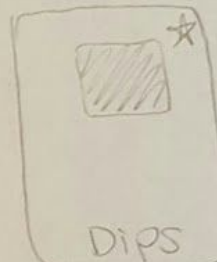
Cancel

Add this  
exercise

All

Favorites

Explore



## My Workouts



Tuesday, 26 January 2016

+ Add to Workout

### Squats ☐

2 sets, 8 reps, 135 lbs ☐  
1 set, 8 reps, 140 lbs ☐  
2 sets, 8 reps, 135 lbs ☐

### Deadlifts ☐

1 set, 8 reps, 135 lbs ☐  
1 set, 5 reps, 185 lbs ☐

### Overhead Press ☐

1 set, 8 reps, 150 lbs ☐  
1 set, 8 reps, 160 lbs ☐  
1 set, 8 reps, 165 lbs ☐  
1 set, 6 reps, 170 lbs ☐

## My Workout



Tuesday, 26 January 2016

1 set, 5 reps, 185 lbs ☐  
Overhead Press ☐

1 set, 8 reps, 150 lbs ☐  
1 set, 8 reps, 160 lbs ☐  
1 set, 8 reps, 165 lbs ☐  
1 set, 6 reps, 170 lbs ☐

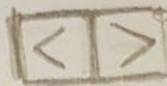
Morning throwing at 9:00am,  
slinging and 3-man marking  
practice.

Team dinner at Floreo-  
gym!

# My Workouts



January 2016



Sun	Mon	Tues
3	4	5
10	11	12



## My Workouts

Tuesday, 26 January 2016

+ Add to Workout

### Squats +

2 sets, 8 reps, 135 lbs ☒

1 set, 8 reps, 140 lbs ☒

2 sets, 8 reps, 135 lbs ☒

### Deadlifts +

1 set, 8 reps, 135 lbs ☒

1 set, 5 reps, 185 lbs ☒

### Overhead Press +

1 set, 8 reps, 150 lbs ☒

1 set, 8 reps, 160 lbs ☒

1 set, 8 reps, 165 lbs ☒

1 set, 6 reps, 170 lbs ☒

## My Workouts

Tuesday, 26 January 2016

1 set, 5 reps, 185 lbs ☒

### Overhead Press +

1 set, 8 reps, 150 lbs ☒

1 set, 8 reps, 160 lbs ☒

1 set, 8 reps, 165 lbs ☒

1 set, 6 reps, 170 lbs ☒

Morning throwing at 9:00am,  
skydiving and 3-man marking  
practice.

Team dinner at Flomo-  
yum!

1

## Join a Team

Team Name

Team Password

Join Team >>

## My Workouts

Tues

Monisha White

Select a Team

Super Fly 2016

Nightlock

Team George

View My Workouts

Join a Team

Create a Team

My Account

Settings



## Create a Team


Team Name

Team Password

Confirm Team Password

Create Team

## Superfly 2016 Yrck

Sunday, 3 January 2016 

Cleans

4 sets, 6 reps, 80 lbs

3 sets, 6 reps, 85 lbs

## My Account

My Teams:

Superfly 2016 ☒

Nightlock ☒

Team George ☒

+ Join a Team

+ Create a Team

## Settings

Change Password

Change Nickname

# Superfly 2016

1/3/16 - 1/9/16

Player	Sun, 1/3	Mon, 1/4
Moose	Squats 2 x 8 x 135 1 x 8 x 140 2 x 8 x 135 Deadlifts	Morning throwing at 9:00am Skiing
VRock	Cleans 4 x 6 x 80 3 x 6 x 85	Overhead Press 3 x 8 x 60 3 x 8 x 65 3 x 6 x 70 Powers
Dozer	Jump Set Skiing Ladders	Sprint Endurance Workout

# My Workouts

January 2016

Sun	Mon	Tues
3	4	5
Squats 2 x 8 x 135 1 x 8 x 140 2 x 8 x 135 Deadlifts 2 x 8 x 150 1 x 8 x 160	Morning throwing at 9:00am Skiing and 3-man marking	
10	11	12

# Superfly 2016

1/3/16 - 1/9/16

Player	Sun, 1/3	Mon, 1/4
Moose	Squats Deadlifts Bulgarian Split Squats Bench Press	Morning throwing at 9:00am Skiing and 3-man marking
VRock	Cleans	Overhead Press Powers Pull-downs Tricep dips
Dozer	Jump Set Skiing Ladders	Sprint Endurance Workout

# Superfly 2016 > VRock

January 2016

Sun	Mon	Tues
3	4	5
6	7	8