

Desempenho Geral dos Treinos

Quantidade de Séries Praticadas no Dia

4 4

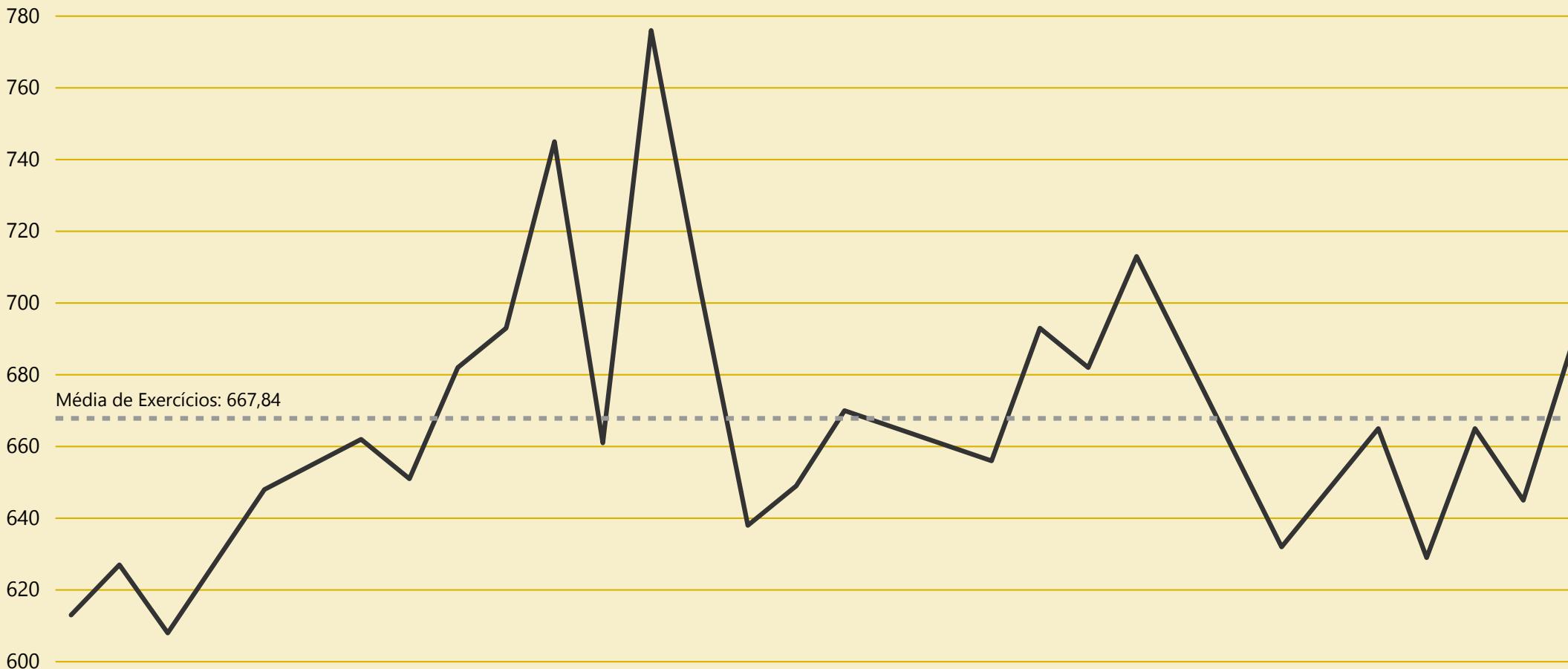
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25
Quantidade de Dias

167
Média de Exercícios Totais

A cada série de 45 segundos:
18,26
Média de Abdominais Normais

Total de Exercícios por Dia



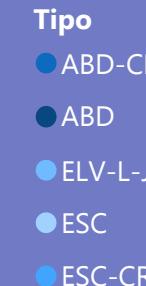
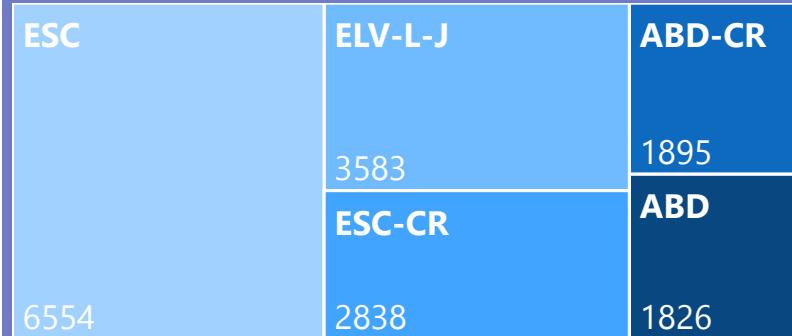
18,95
Média de Abdominais Cruzados

35,83
Média de Elev. Lat. de Joelhos

65,54
Média de Escaladores

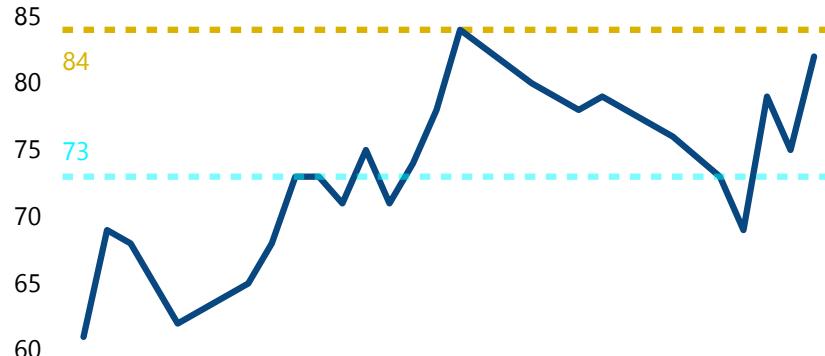
28,38
Média de Escaladores Cruzados

Comparação dos Exercícios

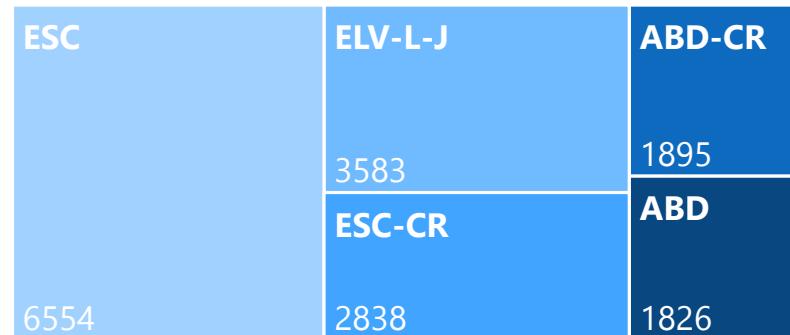


Comparação dos Exercícios

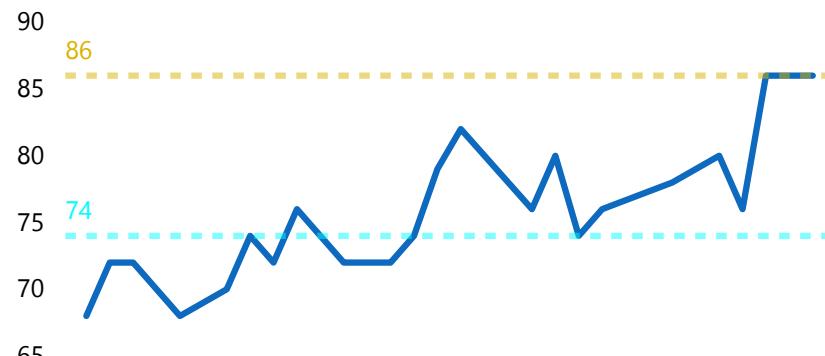
Abdominais (ABD) por Dia



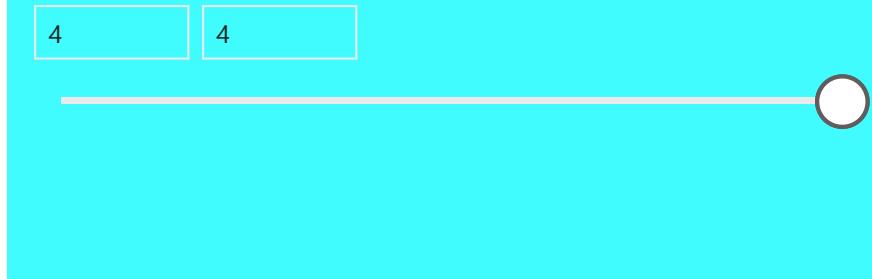
Quantidade Total de Repetições



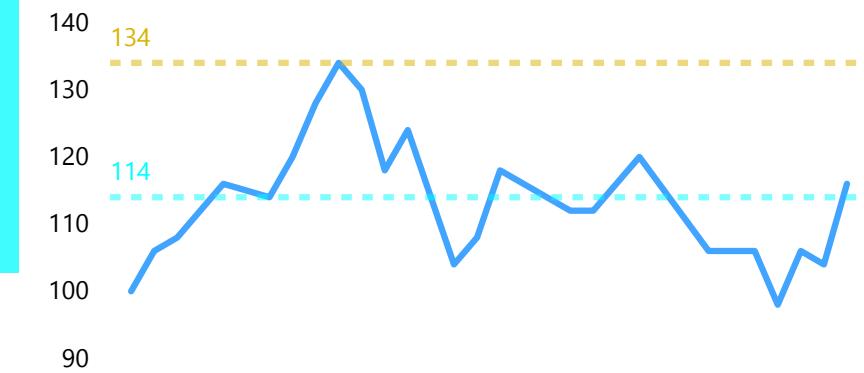
Abdominais Cruzados (ABD-CR) por Dia



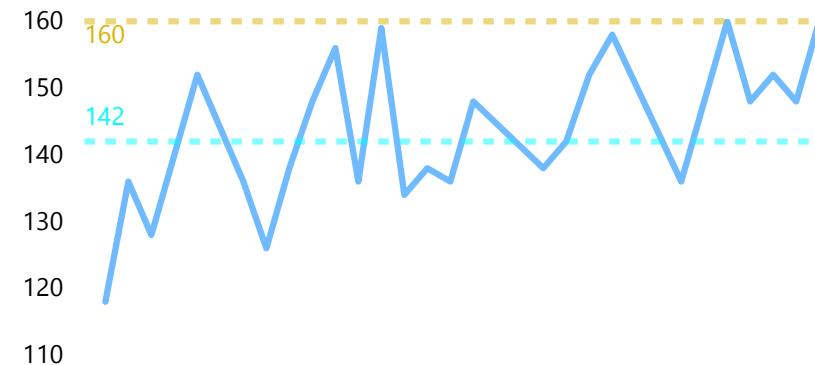
Quantidade de Séries Praticadas no Dia



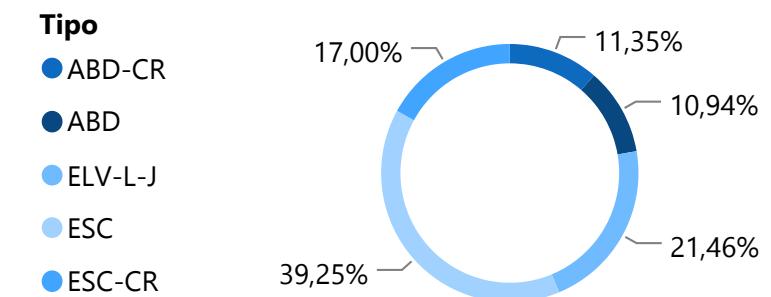
Escaladores (ESC-CR) Cruzados por Dia



Elev. Lat. de Joelhos (ELV-L-J) por Dia



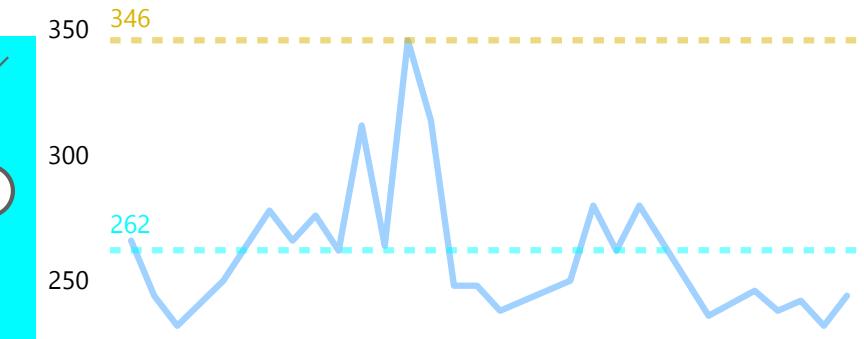
Distribuição dos Exercícios



Data

23/01/2020 01/03/2020

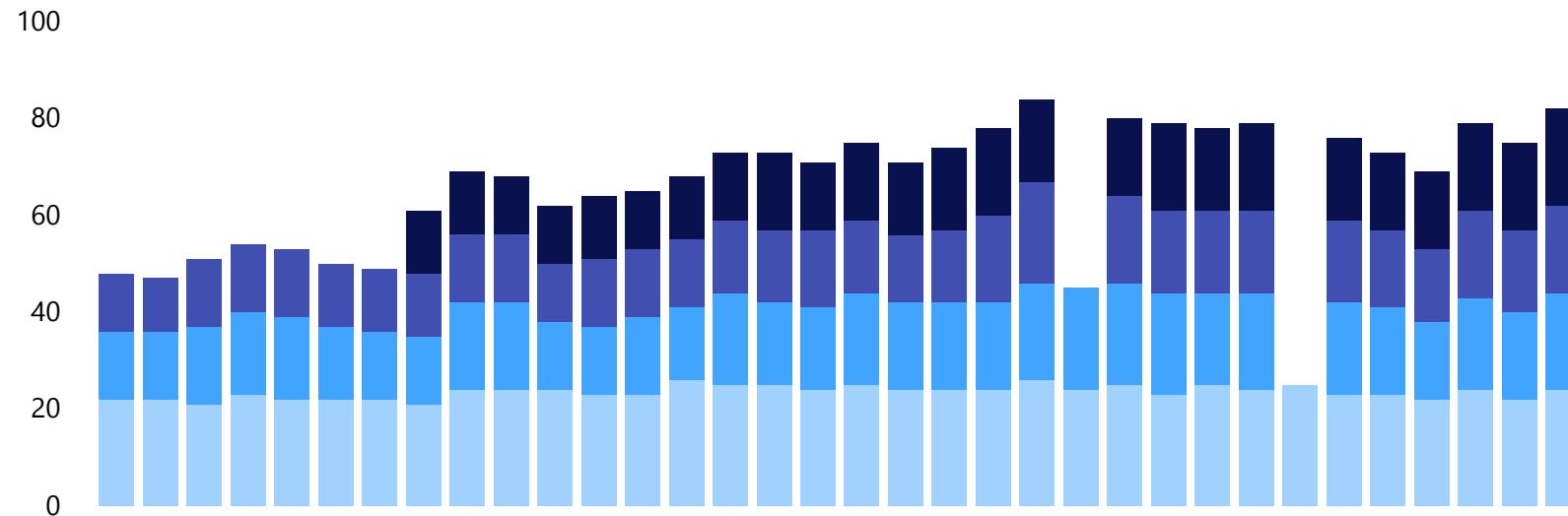
Escaladores (ESC) por Dia



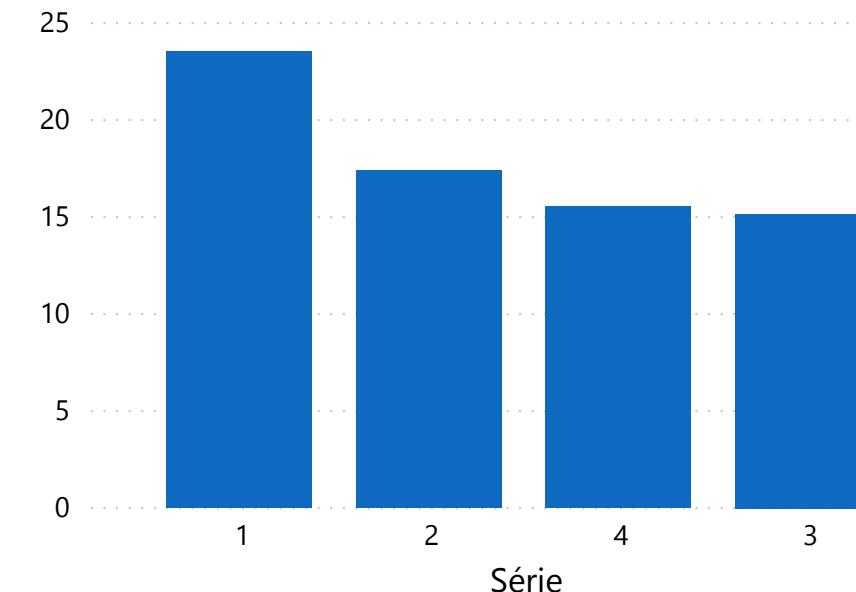
Comparações do Número da Séries Performadas

Abdominais por Dia

Número da Série ● 1 ● 2 ● 3 ● 4

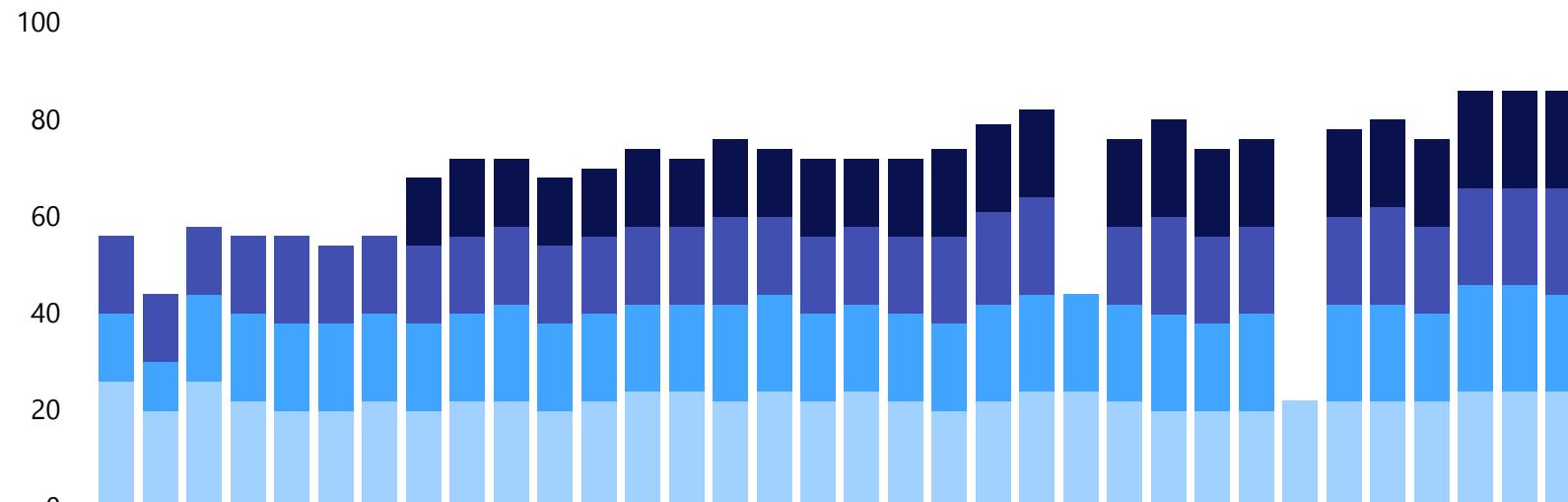


Média de Abdominais por Série



Abdominais Cruzados por Dia

Número da Série ● 1 ● 2 ● 3 ● 4



Média de Abdominais Cruzados por Série

