



09:52 AM

main

BENCH PRESS

Current

1st Session

2nd Session

3rd Session

Hit this session's goal? Click here to move to next session

GOAL

___ LBS

___ reps

09:52 AM

main

SQUAT

Current

1st Session

2nd Session

3rd Session

Hit this session's goal? Click here to move to next session

GOAL

___ LBS

___ reps

09:52 AM

main

DEADLIFT

Current

1st Session

2nd Session

3rd Session

Hit this session's goal? Click here to move to next session

GOAL

___ LBS

___ reps