

Home

Legs

Back

Chest

Shoulder

Triceps

Biceps

Import

Export

date input

date input

Legs

Back

Chest

Shoulder

Biceps

Triceps

Weight

Reps

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Import

Export

date input

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Import

Export

02.06.2023

20.06.2023

Legs

Exercise 1

View history

KG

KG 2

Rep

Rep 2

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Biceps

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Example

Example

Example

Example

Example

Example

Example

Warm-Up Sets

Add

Remove

Set 1

Weight (kg)

Reps

Working Sets

Add

Remove

Set 1

Weight (kg)

Reps

Set 2

Weight (kg)

Reps