

HomeLegsBackChestShoulderTricepsBicepsImportExport

date inputdate input

Legs

Back

Chest

Shoulder

Biceps

Triceps

WeightReps

HomeLegsBackChestShoulderTricepsBicepsImportExport

date input

Search...

Example

Example

Example

Example

Example

Example

Example

HomeLegsBackChestShoulderTricepsBicepsImportExport

02.06.202320.06.2023

Legs

Exercise 1

View history

KGKG 2

RepRep 2

Back

Chest

Shoulder

Biceps

Triceps

WeightReps

HomeLegsBackChestShoulderTricepsBicepsImportExport

date input

Search...

Example

Example

Example

Example

Example

Example

Example

Warm-Up Sets

AddRemove

Set 1

Weight (kg)Reps

Working Sets

AddRemove

Set 1

Weight (kg)Reps

Set 2

Weight (kg)Reps