

# get jacked



mon	tue	wed	thu	fri	sat	sun
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

deadlift 8 × 60kg

bench press 8 × 40kg

front squat 8 × 30kg

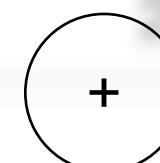
barbell row 8 × 50kg

barbell curl 10 × 20kg

assisted pull ups 20

push ups 20

dips 8



# new workout

X



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warm up

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deadlift x3

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bench press x3

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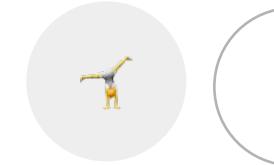
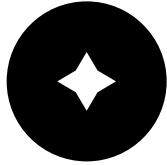
adjust

save as done

start

# new workout

X



warm up

deadlift x3

bench press x3

+ adjust workout



"The"

the

to

q w e r t y u i o p

a s d f g h j k l

z x c v b n m ↖

ABC ↵



0:01

finish

# warm up

9:59

jumping jacks × 20

jump, spreading your legs to the sides,  
clap your hands overhead

adjust warm up

next

0:01

finish

# warm up

## 7:10

loosen up all your joints

adjust warm up

next

0:01

finish

# warm up

## 2:00

10 squats

adjust warm up

next

10:45

finish

# deadlift

# warm up

1. the barbell is on the floor – bend down, grab it, and stand up, as if lifting a heavy box from the ground
2. push the floor with your legs, let the bar slide up along your shins
3. chest forward, back straight, hips back – don't bend your elbows

empty bar (20 kg)

10 times

next exercise

one more

15:05

finish

rest  
**1:59**

15:03

finish

# deadlift

x1

1. the barbell is on the floor – bend down, grab it, and stand up, as if lifting a heavy box from the ground
2. push the floor with your legs, let the bar slide up along your shins
3. chest forward, back straight, hips back – don't bend your elbows

30 kg

10 times

next exercise

one more

24:03

finish

rest  
**1:59**

26:10

finish

# deadlift

## x2

1. the barbell is on the floor – bend down, grab it, and stand up, as if lifting a heavy box from the ground
2. push the floor with your legs, let the bar slide up along your shins
3. chest forward, back straight, hips back – don't bend your elbows

45 kg кг

6 times

next exercise

one more

0:01

finish

rest  
**1:59**

0:01

finish

# deadlift

## x3

1. the barbell is on the floor – bend down, grab it, and stand up, as if lifting a heavy box from the ground
2. push the floor with your legs, let the bar slide up along your shins
3. chest forward, back straight, hips back – don't bend your elbows

40 кг

10 times

next exercise

one more

0:01

finish

rest  
**1:59**

46:56

finish

# bench press

## warm up

1. lie on a bench, hold the bar above your chest with straight arms
2. slowly lower it to your chest
3. push it back up while keeping your back flat and feet on the floor

empty bar (20 kg)

10 times

next exercise

one more

46:56

finish

# add exercise

+ adjust workout



"The"

the

to

q w e r t y u i o p

a s d f g h j k l

z x c v b n m ↖

ABC





# 46:56

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total workouts	89
total weight	1950 kg
deadlift new max	90kg×10

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take a selfie

close