

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

- deadlift8 × 60kg
- bench press8 × 40kg
- front squat8 × 30kg
- barbell row8 × 50kg
- barbell curl10 × 20kg
- assisted pull ups20
- push ups20
- dips8

new workout

×



warm up

deadlift x3

bench press x3

adjust

save as done

start

new workout

×



warm up

deadlift x3

bench press x3

+ adjust workout

🎤

"The" the to



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"

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v

b

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m



ABC





46:56

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

close