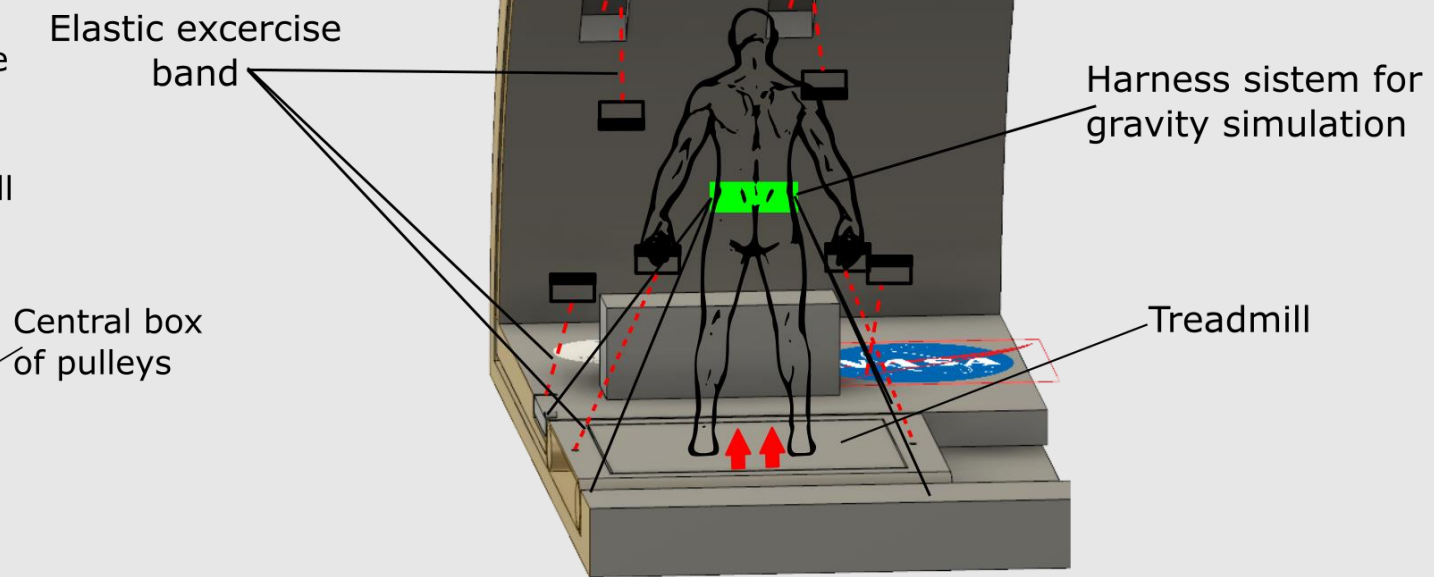
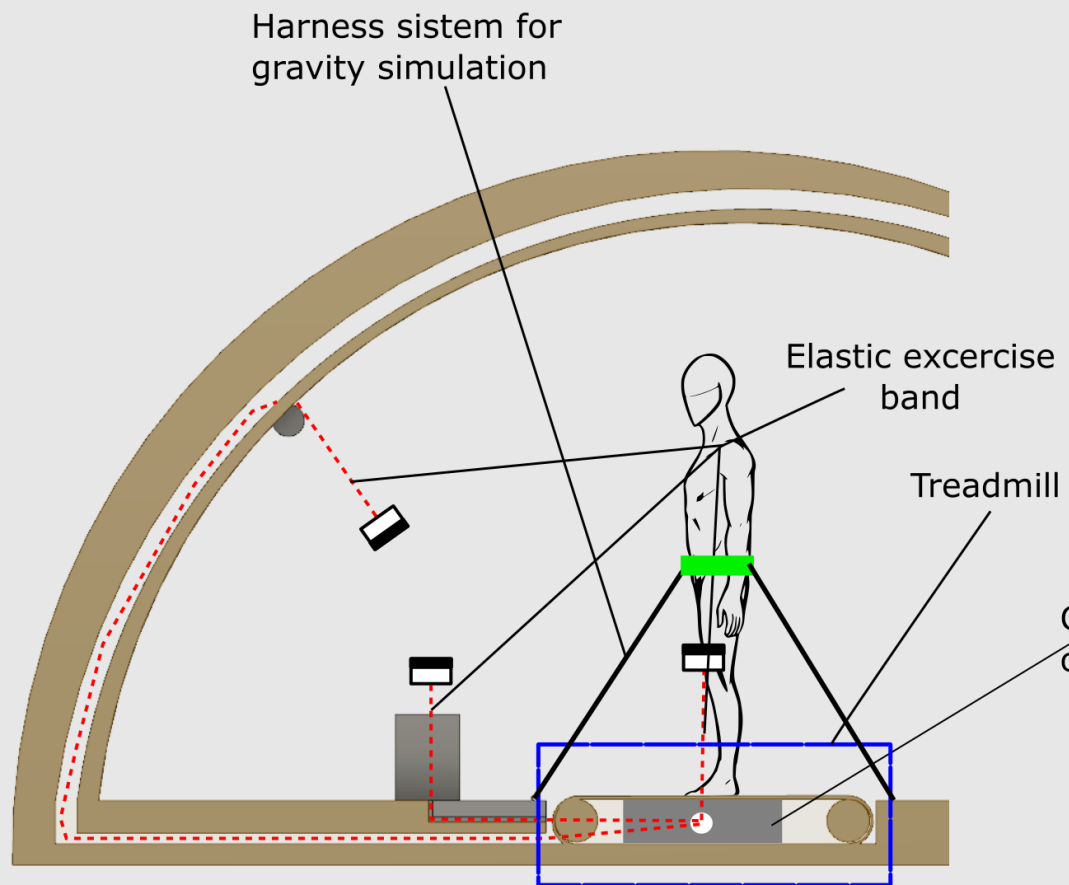
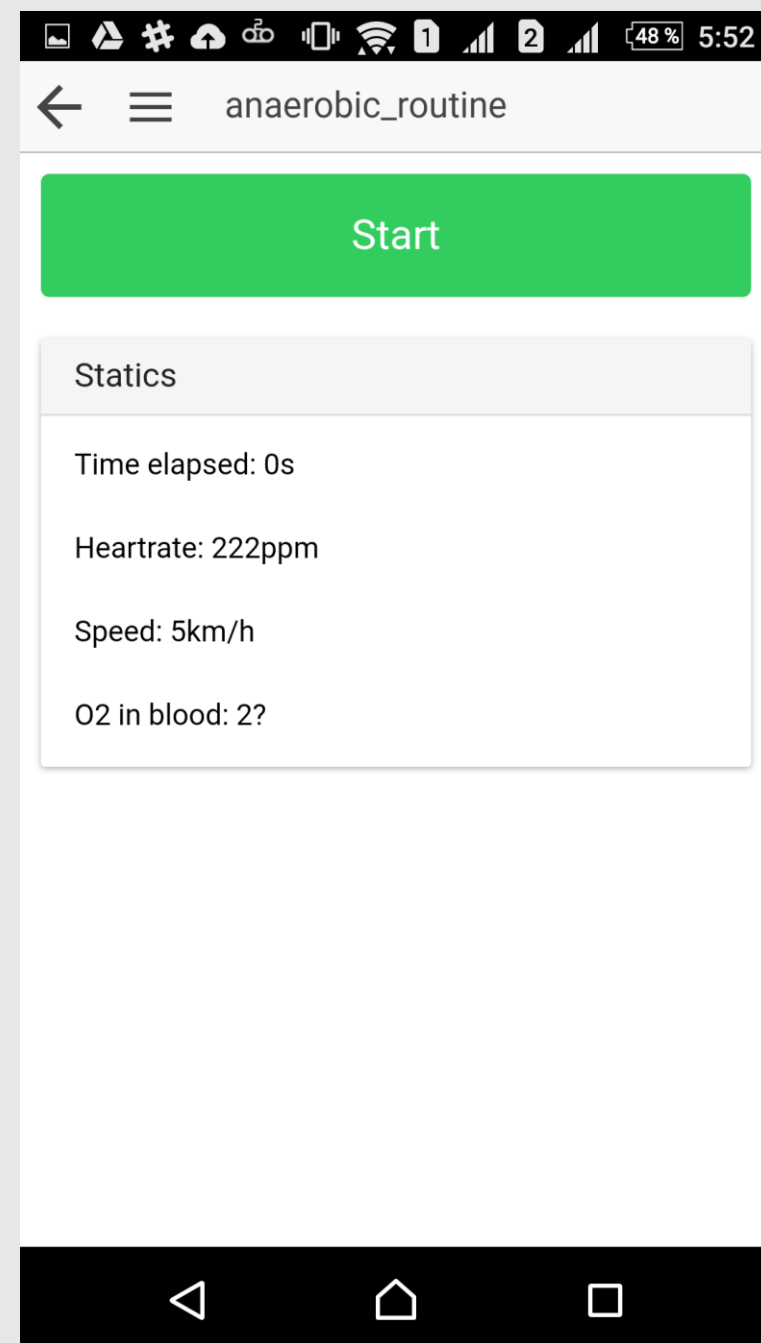
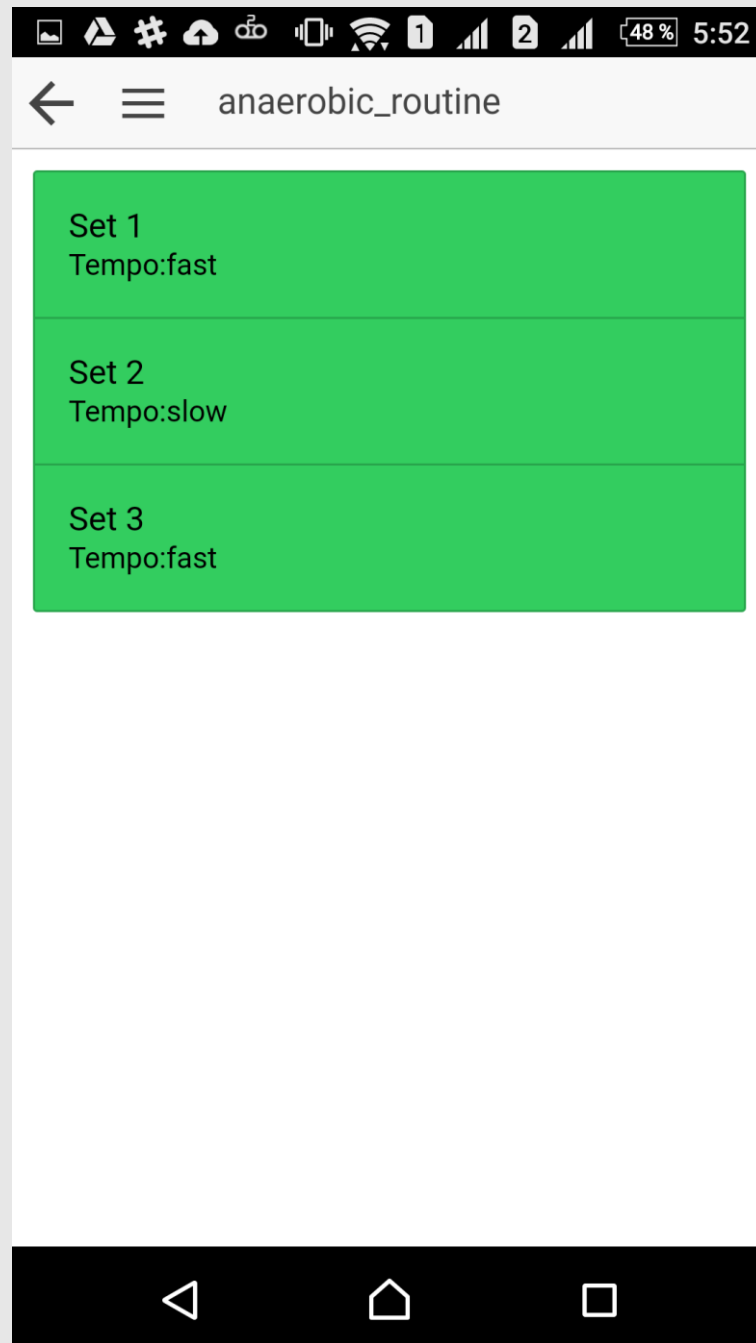
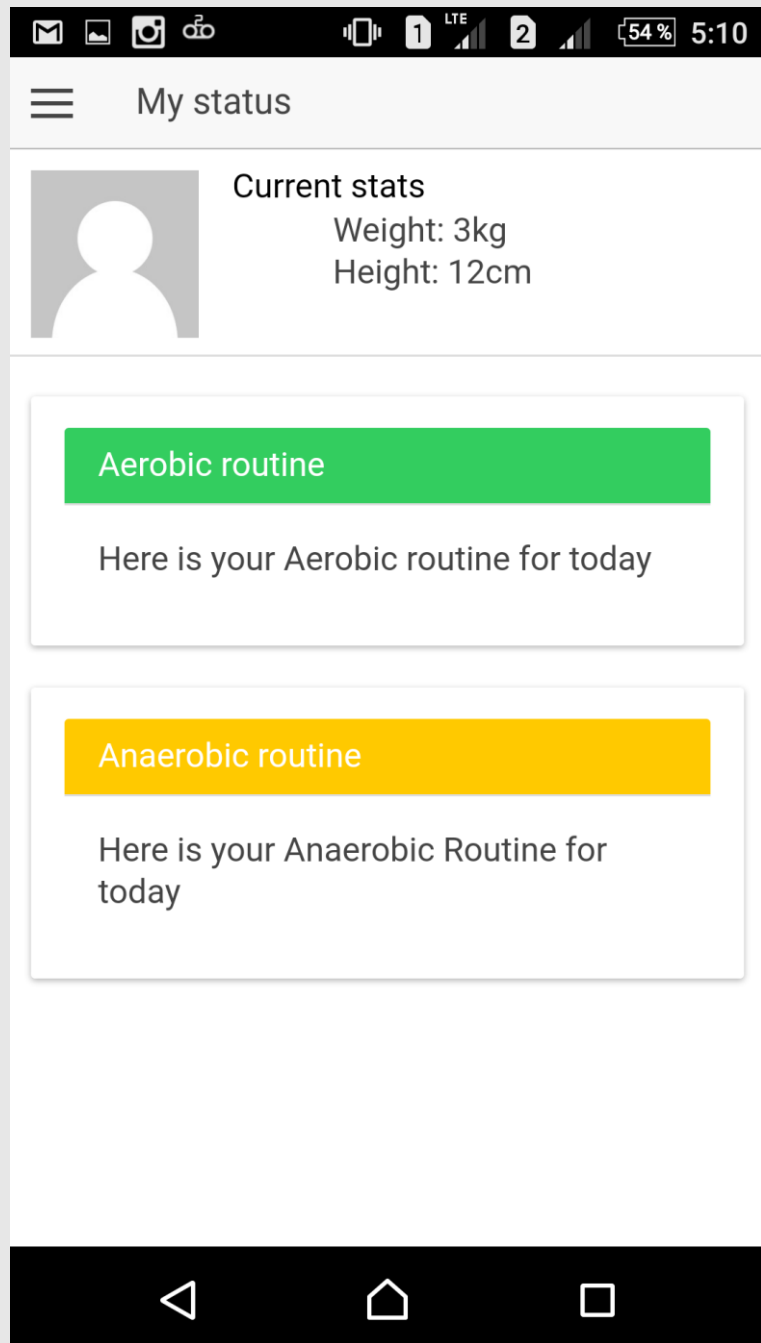




HERCULES
PROGRAM





Part 1

Estimated time: 16min Speed: normal

Part 2

Estimated time: 16min Speed: normal

Part 3

Estimated time: 16min Speed: normal



Exercise: Bench press ⓘ	Reps: 10	Weight: 20kg	Tempo: Normal
Exercise: Bench press ⓘ	Reps: 8	Weight: 25kg	Tempo: Normal
Exercise: Bench press ⓘ	Reps: 8	Weight: 25kg	Tempo: Normal



Challenges

Challenged



 12 miles  137 bpm  10 mph  1:12



 6 miles  160 bpm  9 mph  0:40



New Challenge +










Challenges

Choose your oponents location:



Challenges

Ranking

-  Neil Armstrong  6.2 miles  30:05
-  Susan Helms  6.2 miles  33:07
-  James Voss  6.2 miles  35:53





Target HR zone
reached



140 bpm



96%



15 mph



00:37:05



10.1 miles

Jenny

