



Please enter the workout name

bench press

Enter Workout Info

| Set | Weight | Resp |   |
|-----|--------|------|---|
| 1   | 100    | 12   | — |
| 2   | 100    | 12   | — |
| 3   | 100    | 12   | — |
| 4   | 100    | 12   | — |

+ Add set

Add Exercise

Save Routine