

October 2023

Today

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31	Nov 1	2	3	4	5

Recent exercises - Go to all Exercises

Past 7d

Exercise	# Reps	# Kg	# Duration	# Wts
Padel	1		120	
Padel	1		120	
Hiptrust ...	12			
Glutes M...	8	20		
Row Dumb...	10	20		
Biceps Curl	10	12.5		
Triceps D...	14	6		
Padel	1		120	
Saber	10	2.5		
Back Ente...	12			
Neck	12	2.5		
Stable Sh...	12			
Alt Back	8			
Shrug Bar...	8	50		
Facepull	12	12.5		
Bench Inc...	8	14		
Reverse F...	8	2		
Padel	1		120	

Strength

- TypeStrength
- Sub-TypeLegsArmsBack
- Download
- Duration (min)50
- Total Reps230
- Date08/10/2023
- Periods - BlockHypertrophy & Cardio
- FeelEmpty
- Do
- Show more properties

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+ 1+ 5+ 7

My Session

Exercises

D.	Exercise	# Kg	# Reps	# Sets	Total Re...
☒	Hiptrust Band		12	3	36
☒	Glutes Media...	20	8	3	24
☒	Row Dumbbell	20	10	5	50
☒	Biceps Curl	12.5	10	5	50
☒	Triceps Dumb...	6	14	5	70

None

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Tobias Bleicker

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