

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

- Type: Strength
- Sub-Type: Legs Arms Back
- Download: ☐
- Duration (min): 50
- Total Reps: 230
- Date: 08/10/2023
- Periods - Block: 🟡 Hypertrophy & Cardio
- Feel: Empty
- Do: ☒
- 🔍 6 more properties

🗨️ Add a comment...

Comment:

Add exercises:

+ 1 + 5 + 7

📅 My Session

🔗 Exercises

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

⏮️ None

Advanced Fitness Planner

Roman Wölfel



Advanced Fitness Planner:

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