

### Session Summary

Session 1

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Session Length

00:48:01



Actual Workout

00:22:33



Wasted Time

00:04:22



Rest Timer

00:10:36



Exercises Done

8



Weight Lifted

20575 lbs

### Workout Logs

Exercise Name

1RM

Lifting Logs



[Lying Leg Curls](#)

112

Set 1 : 60x12

Set 2 : 70x12

Set 3 : 80x12



[Seated Leg Curl](#)

112

Set 1 : 60x12

Set 2 : 70x12

Set 3 : 80x12



[Leg Press Machine](#)

441

Set 1 : 180x12

Set 2 : 270x12

Set 3 : 315x12



[Dumbbell One Arm Row](#)

[Row](#)

70

Set 1 : 40x12

Set 2 : 45x12

Set 3 : 50x12



[Dumbbell Bench Press](#)

[Press](#)

70

Set 1 : 40x12

Set 2 : 45x12

Set 3 : 50x12

00:00:00



[Dumbbell Shoulder](#)

[Press](#)

47.83

Set 1 : 25x12

Set 2 : 30x12

Set 3 : 35x11



[Dumbbell Lying](#)

[Triceps Extension](#)

60

Set 1 : 35x12

Set 2 : 40x12

Set 3 : 45x10



[Dumbbell Alternate](#)

[Bicep Curl](#)

35

Set 1 : 15x12

Set 2 : 20x12

Set 3 : 25x12