

Training dashboard

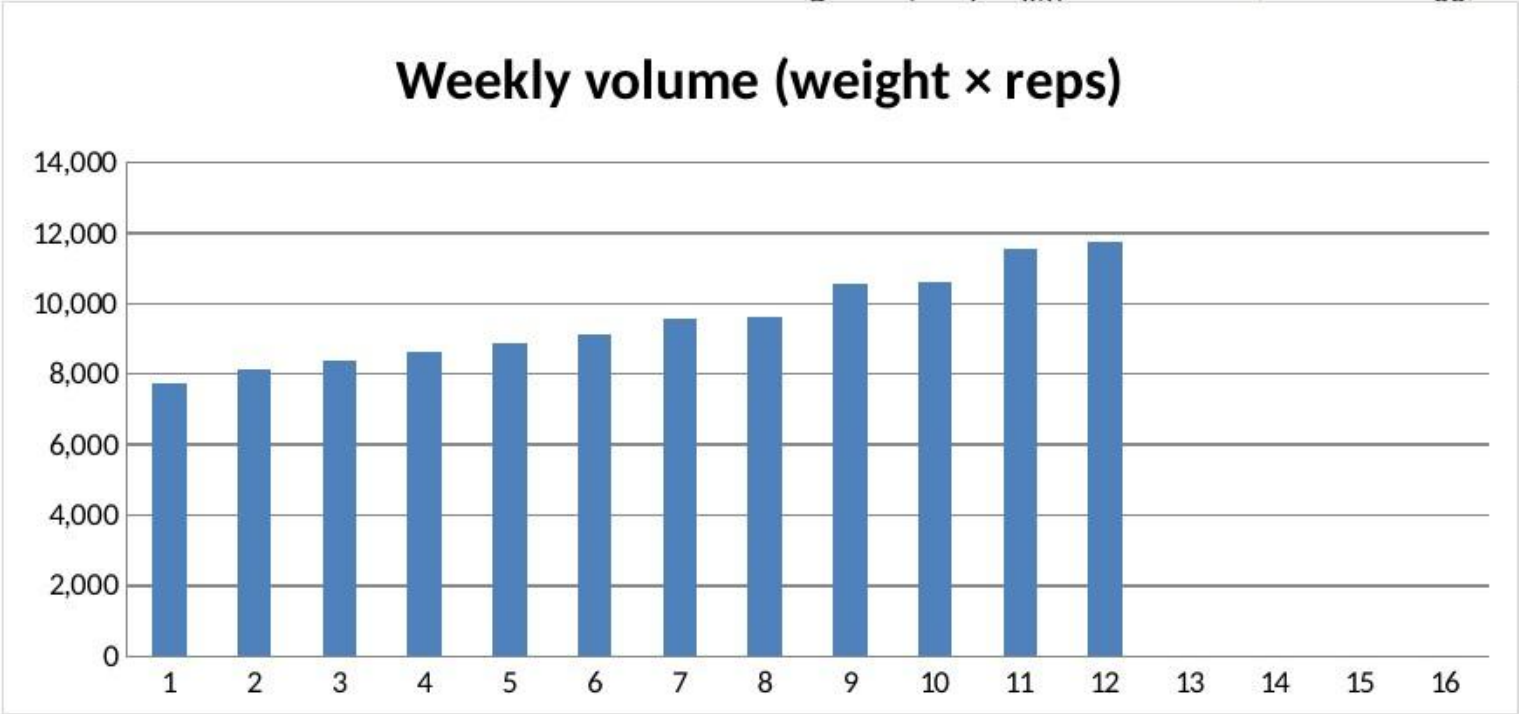
Units: kg • started Jul 6, 2026

Workouts logged	36
Sets logged	372
Total volume	114,593
PRs set	60
Workouts in the last 4 weeks	9
Bodyweight change	+1.4

Main lifts

Lift	Last weight	Best est. 1RM
Back squat	100	116.7
Bench press	82.5	96.3
Barbell row	67.5	85.5
Overhead press	47.5	55.4
Deadlift	105	116.7
Pull-up	0	

Weekly volume (weight × reps)



Program & next weights

Hit every set's target reps in the last session → add the increment. Otherwise repeat the weight.

[illegible]

Workout log

One row per set. Weight in kg. Columns F-J fill in by themselves.

Date	Exercise	Set	Reps	Weight	Muscle group	Volume	Est. 1RM	Week #	PR?	Notes
2026-07-06	Back squat	1	5	60	Legs	300	70.0	1	PR	
2026-07-06	Back squat	2	5	60	Legs	300	70.0	1		
2026-07-06	Back squat	3	5	60	Legs	300	70.0	1		
2026-07-06	Bench press	1	5	50	Chest	250	58.3	1	PR	
2026-07-06	Bench press	2	5	50	Chest	250	58.3	1		
2026-07-06	Bench press	3	5	50	Chest	250	58.3	1		
2026-07-06	Barbell row	1	8	45	Back	360	57.0	1	PR	
2026-07-06	Barbell row	2	8	45	Back	360	57.0	1		
2026-07-06	Barbell row	3	8	45	Back	360	57.0	1		
2026-07-08	Deadlift	1	5	80	Back	400	93.3	1	PR	
2026-07-08	Overhead press	1	5	30	Shoulders	150	35.0	1	PR	
2026-07-08	Overhead press	2	5	30	Shoulders	150	35.0	1		
2026-07-08	Overhead press	3	5	30	Shoulders	150	35.0	1		
2026-07-08	Pull-up	1	4	0	Back	0		1		
2026-07-08	Pull-up	2	4	0	Back	0		1		
2026-07-08	Pull-up	3	3	0	Back	0		1		
2026-07-08	Romanian deadlift	1	8	55	Legs	440	69.7	1	PR	
2026-07-08	Romanian deadlift	2	8	55	Legs	440	69.7	1		
2026-07-08	Romanian deadlift	3	6	55	Legs	330	66.0	1		
2026-07-08	Lateral raise	1	12	6	Shoulders	72	8.4	1	PR	
2026-07-08	Lateral raise	2	12	6	Shoulders	72	8.4	1		
2026-07-08	Lateral raise	3	12	6	Shoulders	72	8.4	1		
2026-07-10	Back squat	1	5	65	Legs	325	75.8	1	PR	
2026-07-10	Back squat	2	5	65	Legs	325	75.8	1		
2026-07-10	Back squat	3	4	65	Legs	260	73.7	1		
2026-07-10	Bench press	1	5	52.5	Chest	262.5	61.3	1	PR	
2026-07-10	Bench press	2	5	52.5	Chest	262.5	61.3	1		
2026-07-10	Bench press	3	5	52.5	Chest	262.5	61.3	1		
2026-07-10	Barbell row	1	8	47.5	Back	380	60.2	1	PR	