



## REPORT

3

WORKOUTS

0

KCAL

0

MINUTES

## WEEK GOAL

1/6



## 7X4 CHALLENGE

**FULL BODY**  
7x4 CHALLENGE  
28 Days left 0%

**LOWER BODY**  
7x4 CHALLENGE

## CHEST

**CHEST BEGINNER**  
Last time: Today



28 Days left 0%

WEEK 1 1/7

1	>	2	>	3	>	4
5	>	6	>	7	>	Trophy 1

WEEK 2

1	>	2	>	3	>	4
5	>	6	>	7	>	Trophy 2

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