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Welcome, Leslie
Ekus!

March 26

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Workout Notebook

Visit Summary

Here's the most comprehensive workout log available! You select the time period.

MY WORKOUT

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Select Time Period:

This Month
 Last Month
 Year to Date
 Lifetime

Custom
 from: > to: >

Visit Date	FitPoints	Total Wt (lbs.)	Stations	Sets	Reps	CV (min)	Cals
3/25/2008	322	6,176	11	12	132	30	319
3/24/2008	115	0	0	0	0	23	251
3/21/2008	299	4,865	10	10	104	30	200
3/20/2008	150	0	0	0	0	30	368
3/19/2008	294	4,417	10	10	94	30	324
3/18/2008	125	0	0	0	0	25	365
3/17/2008	270	4,542	10	10	99	25	315
3/15/2008	125	0	0	0	0	25	268
3/14/2008	272	4,669	10	10	102	25	307
3/12/2008	125	0	0	0	0	25	312
3/11/2008	291	4,589	10	10	106	29	286
3/9/2008	125	0	0	0	0	25	296
3/7/2008	394	4,389	10	10	102	50	590
3/6/2008	125	0	0	0	0	25	279
3/5/2008	269	4,389	10	10	104	25	260
3/4/2008	125	0	0	0	0	25	284
3/3/2008	264	3,901	10	10	96	25	208
3/2/2008	125	0	0	0	0	25	239
3/1/2008	264	3,850	10	10	96	25	214
TOTALS	4,078	45,787	101	102	1,035	522	5,685

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