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Welcome, Lou Ekus!

March 26

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Workout Notebook

Visit Summary

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

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Select Time Period:

This Month
 Last Month
 Year to Date
 Lifetime

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Visit Date	FitPoints	Total Wt (lbs.)	Stations	Sets	Reps	CV (min)	Cals
3/25/2008	368	10,820	11	13	150	30	460
3/24/2008	115	0	0	0	0	23	355
3/21/2008	352	10,200	10	10	120	30	330
3/20/2008	150	0	0	0	0	30	459
3/19/2008	351	10,080	10	10	120	30	440
3/18/2008	150	0	0	0	0	30	471
3/17/2008	350	9,950	10	10	121	30	443
3/15/2008	125	0	0	0	0	25	396
3/14/2008	323	9,780	10	10	120	25	389
3/13/2008	323	9,780	10	10	120	25	408
3/12/2008	125	0	0	0	0	25	384
3/11/2008	197	9,720	10	10	120	0	0
3/9/2008	125	0	0	0	0	25	372
3/7/2008	316	9,120	10	10	120	25	433
3/6/2008	125	0	0	0	0	25	399
3/5/2008	312	8,655	10	10	117	25	382
3/4/2008	125	0	0	0	0	25	390
3/3/2008	305	8,040	10	10	116	25	346
3/2/2008	125	0	0	0	0	25	360
3/1/2008	280	8,005	10	11	124	20	350
TOTALS	4,642	104,150	111	114	1,348	498	7,567

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