Personal Health Dashboard

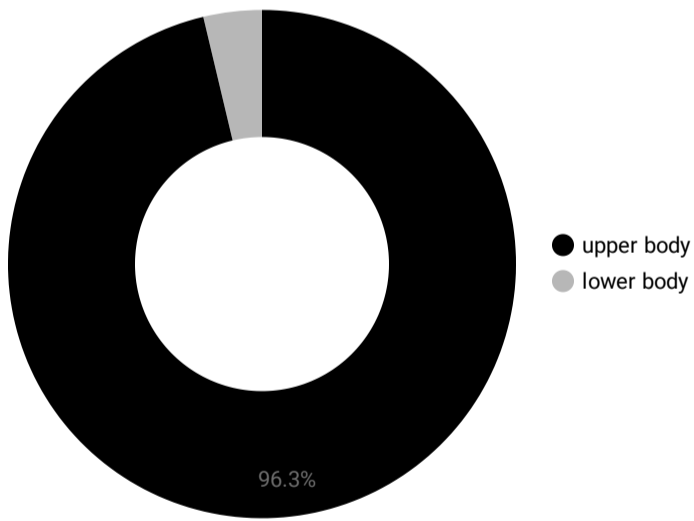Calisthenics exercise tracker
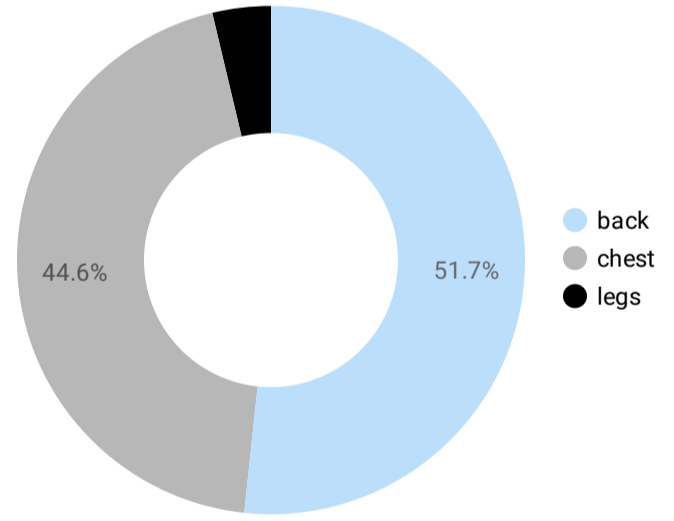
Month Selector: 2022-11   (1) ▾

Rep volume by month

■ reps

600

400

200

0

565

Nov 2022

Monthly Workouts

■ Workouts

10

7.5

5

2.5

0

10

Nov 2022
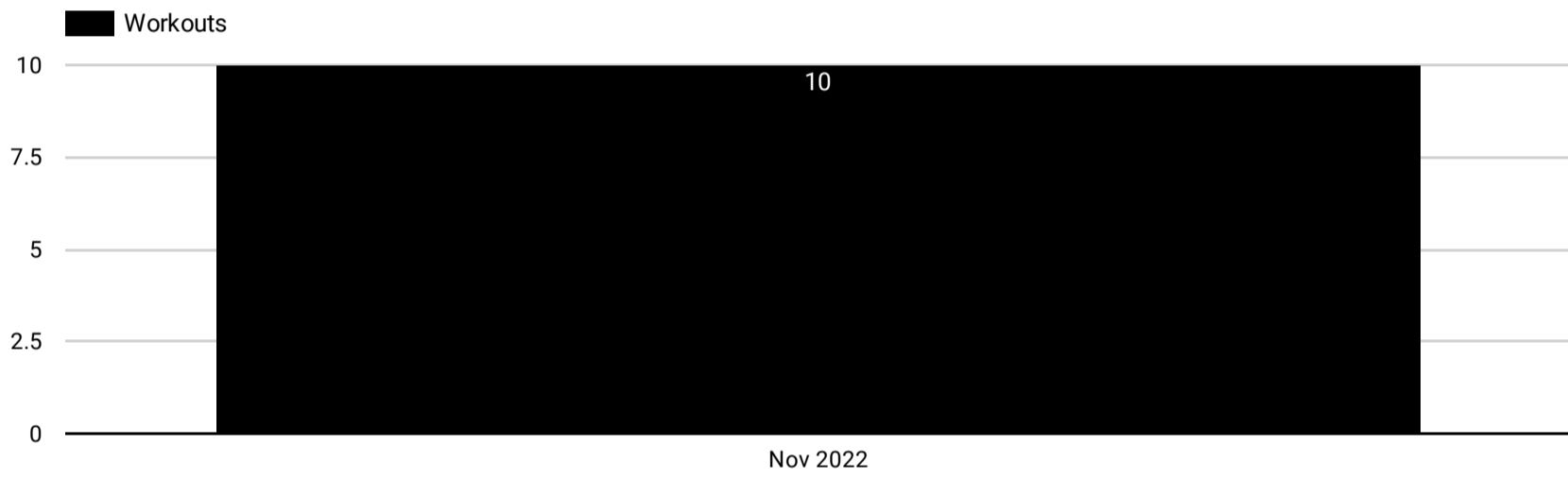
Upper vs Lower split rep volume

● upper body
● lower body

96.3%

Exercise area of focus rep volume

● back
● chest
● legs

51.7%

44.6%

Rep volume by exercise

■ reps

250

200

150

100

50

0

Bodyweight Rows	Dips	Press ups	Pull ups	Step ups
218	162	90	74	21