

 facetite1 

Event Type: Uncategorized ▾

Gear: Add

 likes    

52:36

Total Time

144 bpm

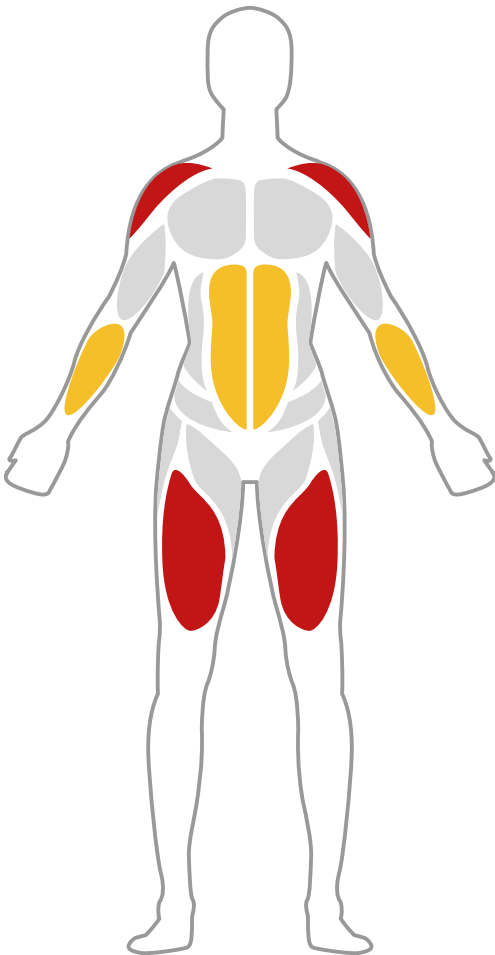
Avg HR

35:12

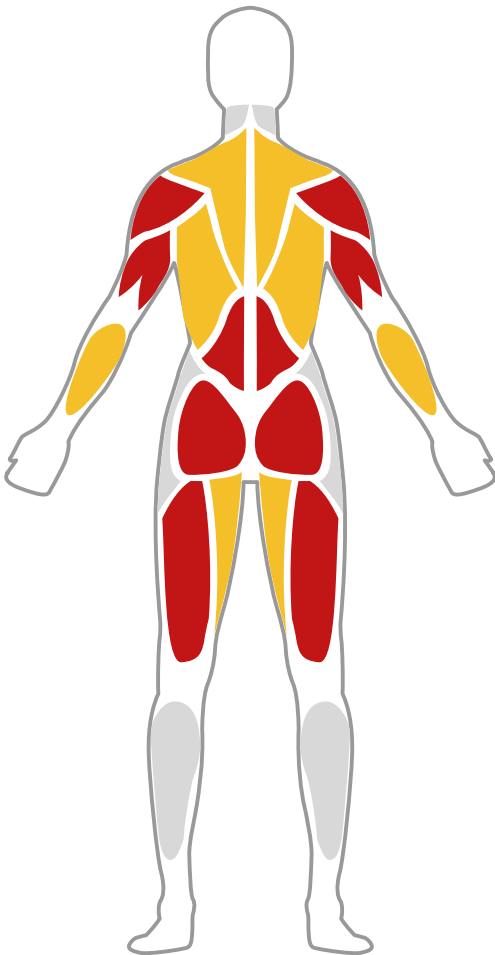
Work Time

529

Calories



Primary Muscles



Secondary Muscles

Untargeted Muscles

Set	①
Exercise Name	Cardio
Time	5:10
Rest	0:00
Reps	5
Weight	--
Volume	--
Set	②
Exercise Name	Barbell Deadlift
Time	0:46.8
Rest	1:39.3
Reps	8
Weight	81.5 kg
Volume	652 kg
Set	③
Exercise Name	Barbell Deadlift
Time	1:09.7
Rest	1:54.0
Reps	8
Weight	81.5 kg
Volume	652 kg
Set	④
Exercise Name	Barbell Deadlift
Time	1:20.5
Rest	2:00
Reps	8
Weight	81.5 kg
Volume	652 kg

Set	⑤
Exercise Name	Barbell Front Squat
Time	4:07.7
Rest	1:30
Reps	10
Weight	36.5 kg
Volume	365 kg
Set	⑥
Exercise Name	Barbell Front Squat
Time	1:17.8
Rest	1:30
Reps	10
Weight	36.5 kg
Volume	365 kg
Set	⑦
Exercise Name	Barbell Front Squat
Time	1:11.7
Rest	1:30
Reps	10
Weight	36.5 kg
Volume	365 kg
Set	⑧
Exercise Name	Weighted Leg Extensions
Time	2:59.4
Rest	1:00
Reps	12
Weight	37.5 kg
Volume	450 kg

Set	⑨
Exercise Name	Weighted Leg Extensions
Time	0:51.7
Rest	1:00
Reps	12
Weight	37.5 kg
Volume	450 kg
Set	⑩
Exercise Name	Weighted Leg Extensions
Time	0:50.5
Rest	1:00
Reps	12
Weight	37.5 kg
Volume	450 kg
Set	⑪
Exercise Name	Dumbbell Lateral Raise
Time	7:20.6
Rest	1:00
Reps	14
Weight	19 kg
Volume	266 kg
Set	⑫
Exercise Name	Dumbbell Lateral Raise
Time	1:10.7
Rest	1:00
Reps	11
Weight	19 kg
Volume	209 kg

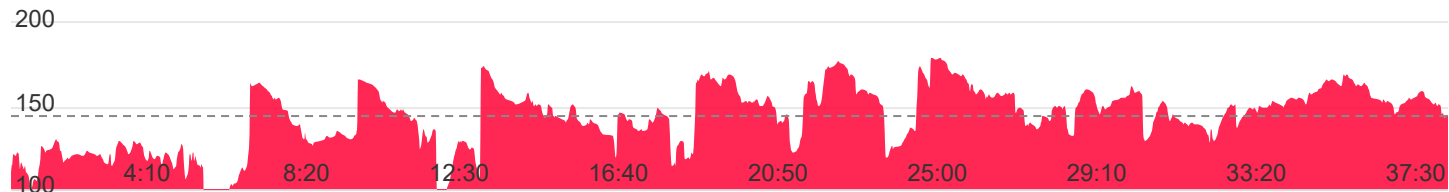
Set	⑬
Exercise Name	Triceps Extension
Time	5:48.6
Rest	1:00
Reps	12
Weight	20 kg
Volume	240 kg
Set	⑭
Exercise Name	Triceps Extension
Time	0:59.9
Rest	1:20.6
Reps	10
Weight	20 kg
Volume	200 kg
Set	⑮
Exercise Name	Choose an Exercise (/modern/activity/manual/21090260765/edit)
Time	0:06.6
Rest	0:00
Reps	0
Weight	--
Volume	--

Customize Charts

TimeDistance

Heart Rate





Stats Time in Zones

Timing

52:36

Total Time

35:12

Work Time

17:24

Rest Time

Nutrition & Hydration ?

84

Resting Calories

445

Active Calories

529

Total Calories Burned

--

Calories Consumed

-529

Calories Net

862 ml

Est. Sweat Loss

-- ml

Fluid Consumed

-862 ml

Fluid Net

Training Effect ?

Anaerobic Capacity (Anaerobic)

Primary Benefit

5.0 Overreaching

Aerobic

4.9 Highly Impacting

Anaerobic

325

Exercise Load ?

Heart Rate ?

bpm % of Max Zones

144 bpm

Avg HR

179 bpm

Max HR

Workout Details

142

Total Reps

15

Total Sets

5316 kg

Volume ?

Intensity Minutes

93 min

Moderate

42 min x2

Vigorous

93 min

Total

Photos

 Click to add photos to your activity.

Notes

How was your workout?

0/2000



(/modern/profile/c1faeeb7-c3a4-4b80-b71e-40acdeea8563)

Add a comment, use @ to tag

Post



Instinct Crossover Solar

Software: 17.07

Summary Data: Original

Normalized Power® (NP®), Intensity Factor® (IF®), and Training Stress Score® (TSS®) are registered trademarks of Peaksware, LLC (<http://trainingpeaks.com/>).