



9:41

# Workout

45 min 

**Heart Rate**



150      120      150

**Activity**





**Progress**

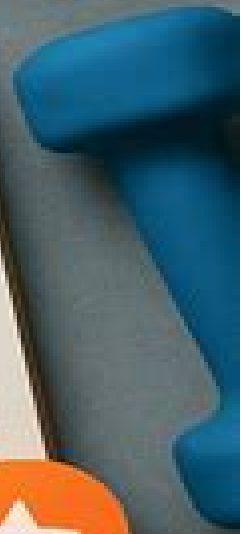
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## WORKOUT

EXERCISE	REPS	WEIGHT



# Automation Tools Organically Complete Beginner Guide To Home Workout

**Thomas Griffiths**



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