



Start: Jun 06, 2020 When: Today Only Duration: 3 Minute(s) Goal: this Active Trail will improve the strength of your full body. Description: Published By: Navitent Compass FOLLOW

Today, Jun 6 NAVITENT INFO RELATED PAST RESULTS DETAILS PRINT SHARE

Summary: Elements (3)

SET 1

Hammer Curls form with fields for Target Repetitions (12), Actual Repetitions, Target Amount, Actual Amount (N/A), Target Intensity (8), Actual Intensity (N/A), Rest: 30 Second(s), and Response (Skip).

Elements (1) sidebar containing Dumbbell

Notes section for Set 1 with 'Add notes here' text area

SET 2

Kneel to Squat form with fields for Target Repetitions (10), Actual Repetitions, Target Amount, Actual Amount (N/A), Target Intensity (Skip), Actual Intensity (N/A), Rest: 30 Second(s), and Response (Skip).

Elements (0) sidebar

Notes section for Set 2 with 'Add notes here' text area

SET 3

Renegade Rows - 8 Reps Per Side form with fields for Target Repetitions (8), Actual Repetitions, Target Amount, Actual Amount (N/A), Target Intensity (8), Actual Intensity (N/A), Rest: 30 Second(s), and Response (Skip).

Elements (1) sidebar containing Dumbbell

Notes section for Set 3 with 'Add notes here' text area

SET 4

Thrusters form with fields for Target Repetitions (10), Actual Repetitions, Target Amount, Actual Amount (N/A), Target Intensity (Skip), Actual Intensity (N/A), Rest: 30, and Response (Skip).

Elements (1) sidebar containing Barbell

Notes section for Set 4 with 'Add notes here' text area

Sharing Options section with comment fields, checkboxes for 'Share with all Friends', 'Share Responses with Select Friends', and dropdowns for 'Share in Campfire', 'Share in Campsite', and 'Share in Campground'.

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