



№	Вид
1	Списание на расходный кассовый чек 125,00 руб. выдана доплата
2	Назначение в командировку 25,34 руб. выдана путевая
3	Назначение в командировку

Spesifikasi No. 4

Exercising
establish

Assistant

You get exactly the
of the routine at

shows the boundary values of the main parameters of training. This helps to better understand in what mod

⚠ Level «Advanced 4» is required or you can pay 120 points / ❗ what is it?

🔒 Allowed for status «VIP»

Training intensity for each exercise

This graph provides information about how the intensity of the workouts in this program will change, and what contribution to the overall load each of the exercises will make. In other words, you can assess which workouts will be easier, and which — heavier.

Exercise	Intensity
1. Warm-up	100
2. Cardio	200
3. Strength	300
4. Cardio	200
5. Strength	300
6. Cardio	200
7. Strength	300
8. Cardio	200
9. Strength	300
10. Cardio	200
11. Strength	300
12. Cardio	200

[illegible]

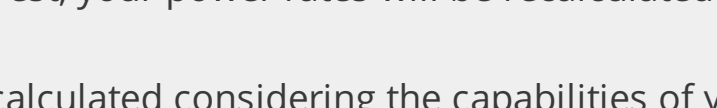
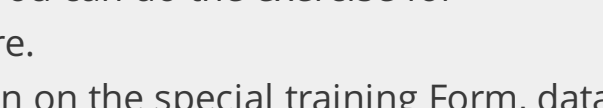
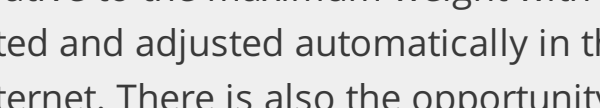
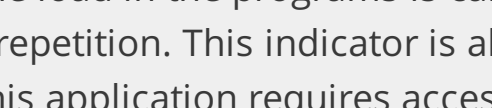
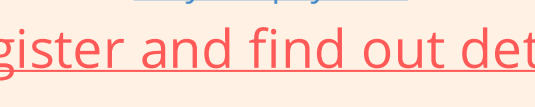
Bent-Arm Dumbbell Pullover 2x10 Rest: 30 sec 1x10 Rest: 30 sec		3x12 Rest: 50 sec Hanging Leg Raise 1x15 Rest: 40 sec 1x12 Rest: 60 sec		Seated Bent-over Rear Delt Raise 1x10 Rest: 30 sec 1x10 Rest: 60 sec 1x10 Rest: 30 sec	
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The figure displays three workout session summaries for the exercise 'Seated Triceps Press'. Each summary includes a table with columns for 'Sets', 'Reps', 'Tempo', and 'Rest', followed by a 'Score' and a 'Status' indicator.

Sets	Reps	Tempo	Rest	Score	Status
2x8	Rest: 0 90 sec			920 scores	very hard
1x14 max	Rest: 0 90 sec				heavy
					to failure

Sets	Reps	Tempo	Rest	Score	Status
1x20	Rest: 0 40 sec			686 scores	very hard
1x15	Rest: 0 60 sec				heavy
1x20	Rest: 0 40 sec				heavy

Sets	Reps	Tempo	Rest	Score	Status
3x8	Rest: 0 30 sec	3:00/0.2		999 scores	heavy



exercise, if they

these are not all application features.

The image displays three screenshots of the Fitbod app interface. The first screenshot shows the 'Find program' screen with filters for 'FREE' and 'TRAVEL'. The second screenshot shows the 'ACTUAL WORKOUT #1' screen with a table of exercises: Squat (04:00), Bench Press (2:39), and Deadlift (54). The third screenshot shows the 'YOUR FRIENDS' screen with a search bar and a friend named Artem Zhelokov.

