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Register	Login
User Type:	Athlete
First Name:	First Name
Last Name:	Last Name
Email Address:	you@example.com
Password:	
Repeat Password:	
	Register



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Register	Login	
Email Address:	Email Address	
Password:		
		Sign In



**EVEN KEEL ATHLETICS** 

## Welcome back Drew

1-5 of 5



#### **Workouts** Delete Selected Add Workout **Workout Type Workout Description ↓ Date Created** Athlete Workout Mark's workout 12/19/2017 10:50 pm Katie's workout 12/11/2017 09:03 pm Athlete Workout 12/11/2017 08:33 pm Athlete Workout Insanity Workout Tuesday, 11/27 PM Workout Athlete Workout 11/26/2017 08:34 am Monday, 11/27 AM Practice Athlete Workout 11/26/2017 08:06 am

Rows per page:



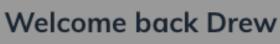
### Welcome back Drew

1-5 of 5



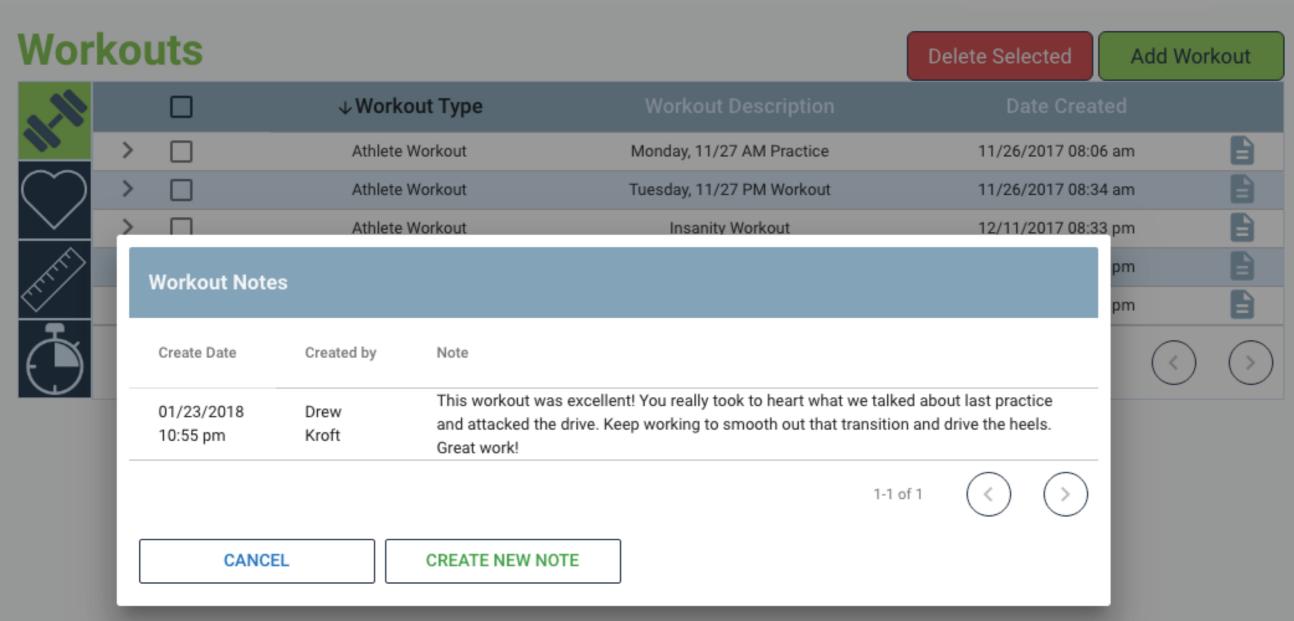
#### **Workouts Delete Selected** Add Workout **Workout Type Workout Description ↓ Date Created** Workouts 12/19/2017 10:50 pm Athlete Workout Mark's workout Athlete Workout Katie's workout 12/11/2017 09:03 pm Insanity Workout Athlete Workout 12/11/2017 08:33 pm Tuesday, 11/27 PM Workout Athlete Workout 11/26/2017 08:34 am Athlete Workout Monday, 11/27 AM Practice 11/26/2017 08:06 am

Rows per page:













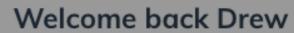


# **Heart Rates**

Delete Selected

**Add Heart Rate** 

<b>%</b>	↑ID	Туре	ВРМ	Date Entered
	16	Post-workout	140	10/31/2017 06:27 pm
$\bigcirc$	17	Workout	160	10/31/2017 06:28 pm
	19	Pre-workout	90	10/31/2017 06:28 pm
	20	Resting	50	10/31/2017 06:28 pm
<u> </u>	21	Resting	55	11/01/2017 12:20 am
	22	Workout	120	11/01/2017 12:20 am
	23	Post-workout	110	11/01/2017 12:20 am
	24	Post-workout	110	11/01/2017 12:20 am
	25	Post-workout	110	11/01/2017 12:20 am
	26	Workout	165	11/02/2017 09:14 pm
	27	Workout	170	11/02/2017 09:14 pm
	28	Workout	155	11/02/2017 09:14 pm
	29	Workout	180	11/02/2017 09:14 pm
	30	Resting	122	11/05/2017 10:32 pm
	31	Pre-workout	65	11/19/2017 08:19 pm
	32	Pre-workout	65	11/19/2017 08:19 pm
	33	Resting	65	11/19/2017 08:49 pm
	34	Resting	45	11/19/2017 08:49 pm
	35	Pre-workout	80	11/19/2017 08:50 pm
	36	Workout	185	11/19/2017 08:52 pm







## **Heart Rates**

Delete Selected

Add Heart Rate

	remated				Delete Selected	Add Heart Nate	
<b>%</b>		↑ID	Туре	ВРМ			
		16	Post-workout	140	10/31/2017 06:27 pm		
$\bigcap$		17	Workout	160	10/31/2017	06:28 pm	
$\vee$		19	Pre-workout	90	10/31/2017 06:28 pm		
		20			10/31/2017	06:28 pm	
<b>♡</b> /		21	Add Heart Rate		11/01/2017 12:20 am		
			ype of heart rate*		11/01/2017 12:20 am		
		23 R	esting	<u> </u>	11/01/2017 12:20 am		
		24			11/01/2017	12:20 am	
		25 H	Heart Rate*		11/01/2017 12:20 am		
		26			11/02/2017	09:14 pm	
		27	CANCEL	SUBMIT	11/02/2017	09:14 pm	
		28			11/02/2017	09:14 pm	
		29	Workout	180	11/02/2017	09:14 pm	
		30	Resting	122	11/05/2017	10:32 pm	
		31	Pre-workout	65	11/19/2017	08:19 pm	
		32	Pre-workout	65	65 11/19/2017 08:19 pm		
		33	Resting	65	11/19/2017	08:49 pm	
		34	Resting	45	11/19/2017 08:49 pm		
		35	Pre-workout 80		11/19/2017	08:50 pm	