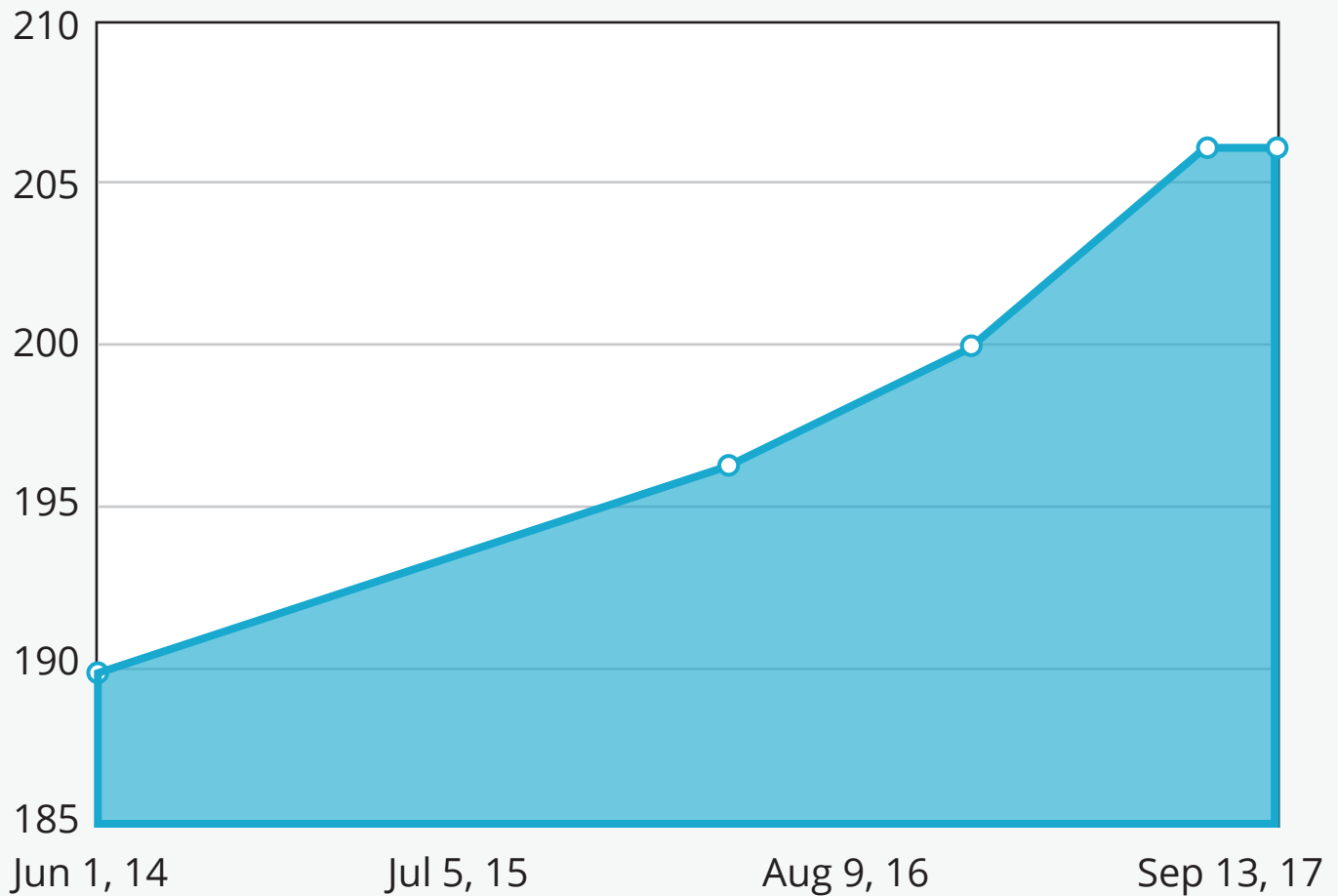


Chest Strength



Strength during



Your strength program is based on the maximum weight you can lift 8 times, your *8-Rep Max*. Your *8-Rep Max* is first measured during your strength assessment. Your *8-Rep Max* will change as you progress through your strength program. This report allows you to track your *8-Rep Max* for your Chest.