

# My Hoops Bot — Weekly Recap

Athlete: **My Bad** · Week of: 2025-09-21 to 2025-09-27

## ■ Workout Summary

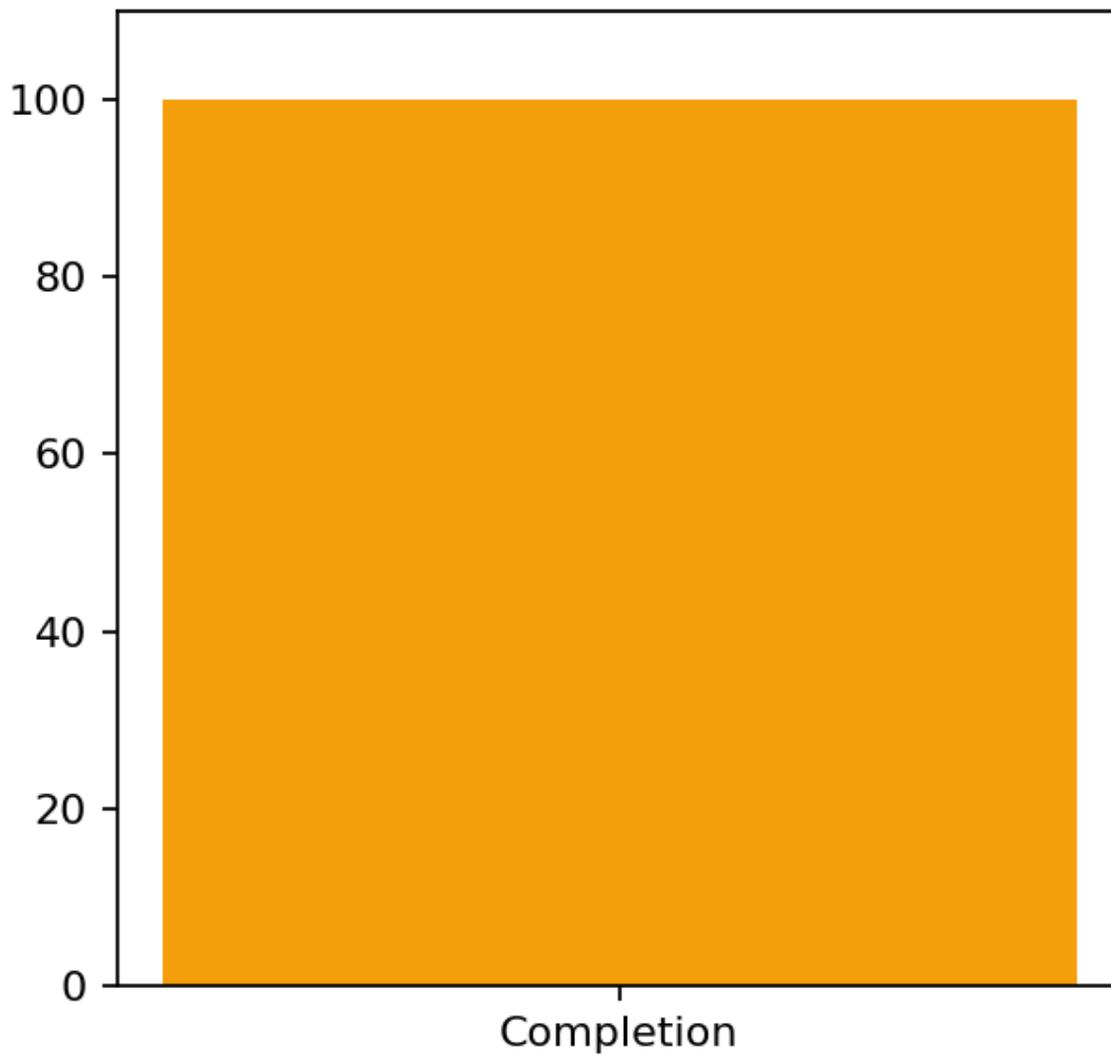
Day 1: **upper-body** 2x20 at 20 lb; pushups substituted for bench dips.

**Completion Rate:** 100%

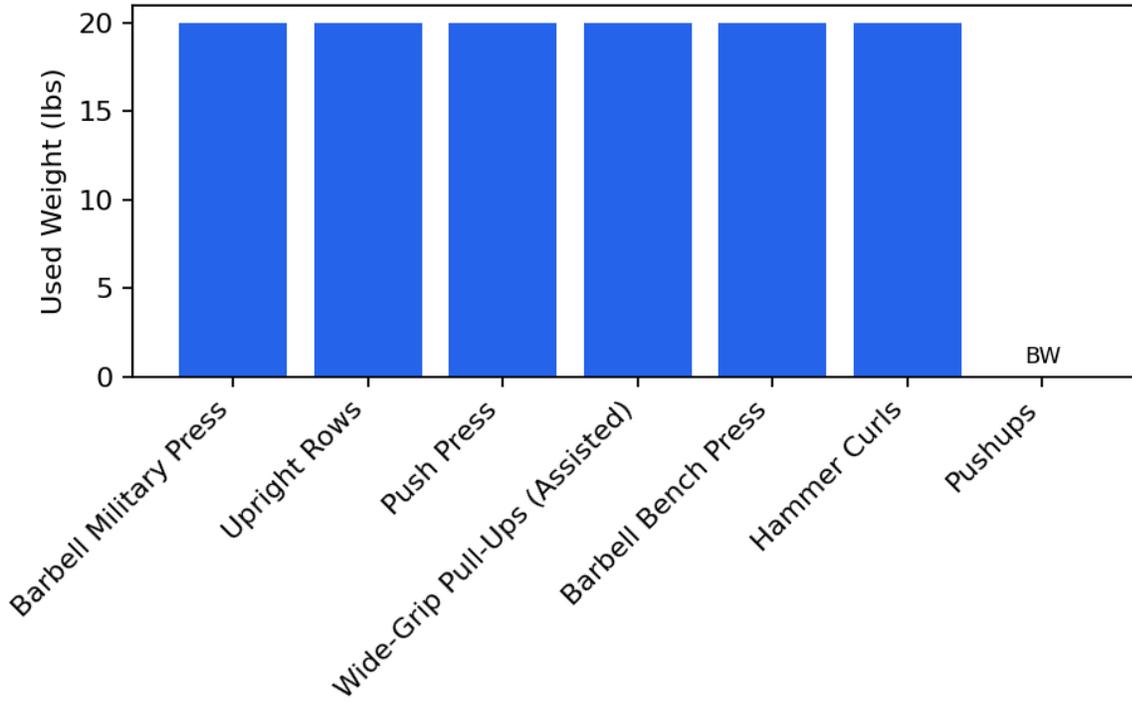
**Entries Logged:** 7

## ■ Charts

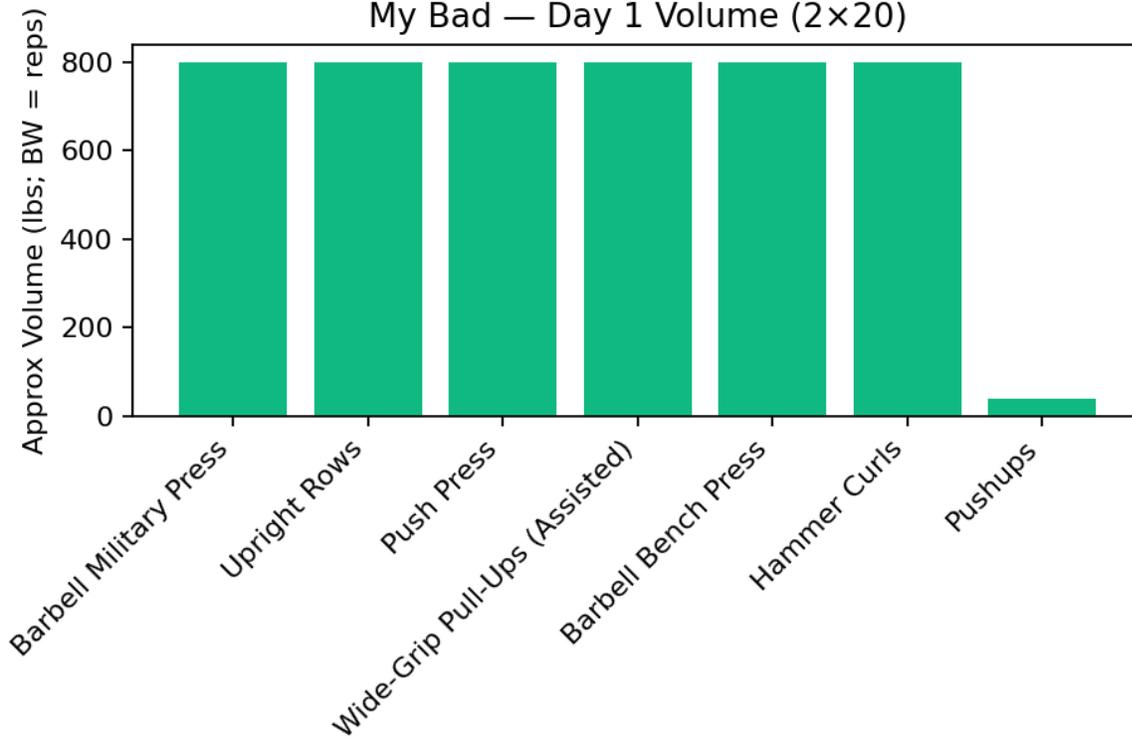
### My Bad — Day 1 Completion (%)



My Bad — Day 1 Used Weight



My Bad — Day 1 Volume (2x20)



## Session Log

Date	Exercise	Target	Used	Reps	Done	Notes
2025-09-24	Barbell Military Press	20	20	20	Yes	2 sets (upper body Day 1)
2025-09-24	Upright Rows	20	20	20	Yes	2 sets
2025-09-24	Push Press	20	20	20	Yes	2 sets
2025-09-24	Wide-Grip Pull-Ups (Assisted)	20	20	20	Yes	assisted to 20 reps; 2 sets
2025-09-24	Barbell Bench Press	20	20	20	Yes	2 sets
2025-09-24	Hammer Curls	20	20	20	Yes	2 sets
2025-09-24	Pushups	Bodywei ght	Bodywei ght	20	Yes	sub for bench dips; 2 sets