



Boom! Fitness
Oakland, CA

Get Started

Already have a GymGroups account?

[Sign in](#)

Carrier 
 Back

2:02 PM
Sign Up



Tell us about yourself

I'm a:


Male

Female

Birthday

[No Title]

Continue

Carrier 
 Back

2:02 PM
Sign In

Sign In

[Lost Password?](#)



2:03 PM
Home



Everyone

Friends

Trainers



Carolina Watson is climbing.



3 hours ago

[Comment](#) · [Like](#)



Trainer - Jason Broomfield shared a new video **Calf Raises. Do This In 2 Sets, Repeat 15 Times, Rest 30 Seconds.** .



Home



Machines



Inbox



Me



On-Site

2:03 PM



ers



Dave Stewie



Anne McDermott



Ye-Hui Lu



Nathy Sanchez



Kathryn Green



t - [Like](#)



Tarkan Maner



ared a

In 2

)



Shahar Nechmad



Ian Murdock



Paula Guy



Home



Machines



Inbox



Me



2:04 PM

Ye-Hui Lu



Ye-Hui Lu

[Message](#) · [Badges](#)



climbing
(still ongoing)

5 minutes ago



biked
in OK intensity (auto-captured)

24 minutes ago



ran
in Soft intensity (auto-captured)

44 minutes ago



Home



Machines



Inbox



Me



Filter items...



Treadmill

5 meters away



Elliptical

12 meters away



Stair Climber

18 meters away



Stationary Bike

25 meters away



Home




Machines



Inbox



Me

Carrier   Back

2:04 PM
Barbells



Check In

Exercises

Logs

Barbell Bent-over Row



Barbell Close Grip Bent-ove...



Barbell Underhand Bent-ove...



Barbell Curl



Barbell Drag Curl



Barbell Preacher Curl



Barbell Prone Incline Curl



Home




Machines



Inbox



Me

Carrier   Back

2:05 PM
Barbells



Check In

Exercises

Logs

Barbell Drag Curl



[No Title]

 Preparation

 Execution

 Muscle Groups



Home



Machines



Inbox



Me

Carrier   **Back**

2:05 PM
Barbells



Check In

Exercises

Logs

5 minutes, 15 seconds

Today, in OK intensity (auto-captured)



3 minutes, 30 seconds

Yesterday, in OK intensity (auto-captured)



3 minutes, 10 seconds

Last Thursday, in OK intensity (auto-captured, ...



2 minutes, 30 seconds

Last Wednesday, in OK intensity (auto-captured)



Home



Machines



Inbox



Me

Carrier

2:06 PM



+ Info

Exercise Intensity

Soft

Okay

Hard

Exercise Intensity

Manual



Exercise Duration

2



Update



Home



Machines



Inbox

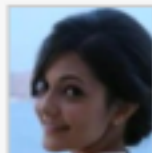


Me



Jacob M. Sumoski

Bud, up for a basketball game tomorrow at 7pm? Taner and you against me and John.



Lea Steva

Sure, let's go to a movie after tomorrow's exercise. I'm curious about Scarlett Johansson's new thriller, Lucy.



Trainer - Dave Stewie

Forgot to mention, cut down on cardio but keep going with hard pushup exercises as usual. Good for your quads and forearms.



Trainer - Dave Stewie

Good job Saumil. I want you to start working with barbells next week.



Home



Machines



Inbox



Me



Trainer - Dave Stewie

0 minutes ago

Good job Saumil. I want you to start working with barbells next week. Take a look at the instructions for Barbell Drag Curl, it's in the GymGroups library. Do 2 sets, 15 reps each with min 20kg. It will be tough but you need it to strengthen your brachials, levator scapulae and wrist flexor muscles.



Home

[No Title]



Machines



Inbox



Me

Carrier



2:07 PM



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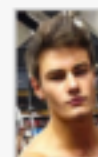
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Terms & Policies



Log Out



against



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Home



Machines



Inbox



Me