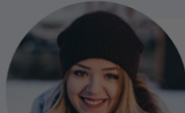


9:41



LEADERBOARD

Drop Squat to Jump Squat , All, Both



Sofía Alcocer



LEADERBOARD FILTER

GENDER

Male Female Both

AGE

All Ages Age 14 to 20

EXERCISE

Drop Squat to Jump Squat



GROUPS

Soccer, Basketball



ALL VICI USERS



SEARCH

Henk Fortuin

9:41

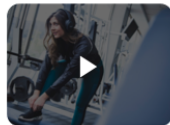


ATR LEVEL 3.0 - 4X

Level 3 | Week 5 | Day 2

< BLOCK 1 BLOCK 2 BLOCK 3 >

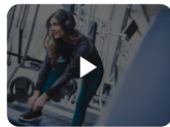
COMPLETE ALL



Vertimax

PR - 85 LBS

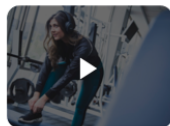
REPS	6	6	6	6
WEIGHT (LBS)	0	0	0	0



Drop Squat to Jump Squat

PR - 85 LBS

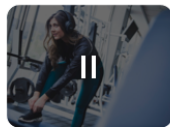
REPS	6	6	6	6
WEIGHT (LBS)	0	0	0	0



RDL

PR - 85 LBS

REPS	6	6	6	6
------	---	---	---	---



Push Jerk

PR - 85 LBS

WEIGHT (LBS)	0	0	0	0
----------------	---	---	---	---



Dashboard



Leaderboard



Strength Result



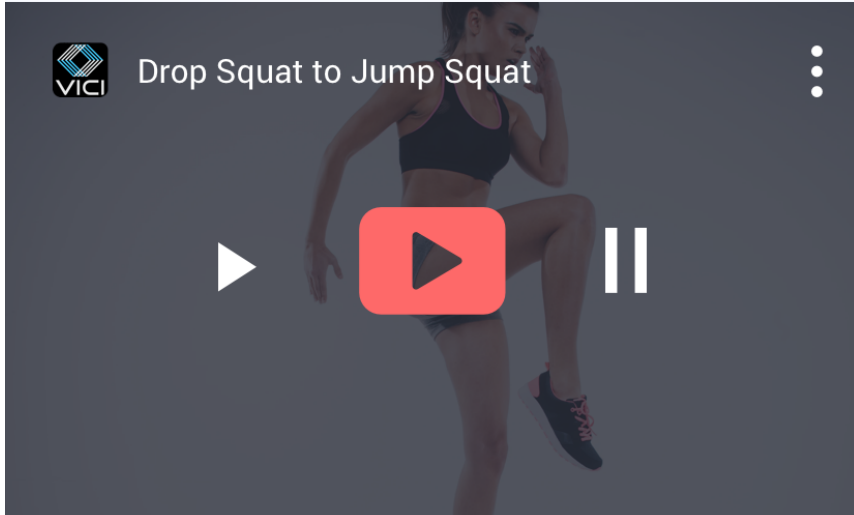
Profile



More













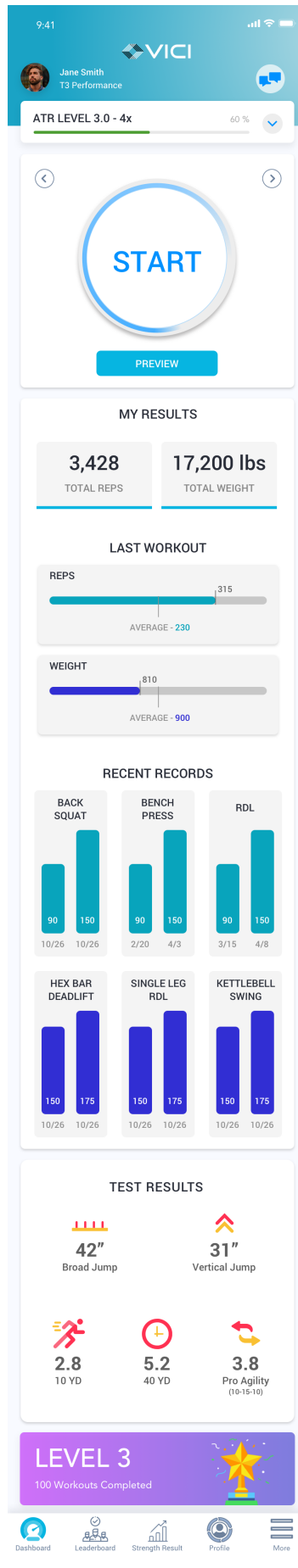
VIDEOS LIST



WORKOUT VIDEOS

Type and filter workout videos list 

-  Plate OH Kneeling Get up 
-  Plate Overhead Lunge 
-  Push Jerk 
-  SA DB Bench Press 
-  Seal Row 



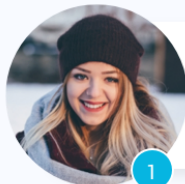
9:41



RDL

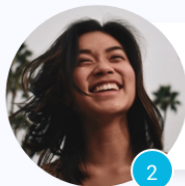
MY RESULTS

LEADER BOARD



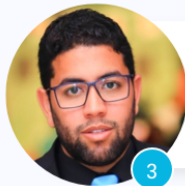
Sofía Alcocer

223 lbs



Chiemeka Yobachukwu

200 lbs



Justine Marshall

180 lbs



Dashboard



Leaderboard



Strength Result



Profile



More

9:41



WORKOUT LOG

ADD EXERCISE

SAVE

Vertical Jump



PR - 85 LBS

REPS

6

6

6

6

WEIGHT (LBS)

0

0

0

0

10 Yard



PR - 85 LBS

REPS

6

6

6

6

WEIGHT (LBS)

0

0

0

0



Dashboard



Leaderboard



Strength Result



Profile





More

9:41



WORKOUT LOG


ADD EXERCISE **SAVE**

Vertical Jump  

PR - 85 LBS

REPS	6	5	6	6
WEIGHT (LBS)	0	0	0	0

ADD EXERCISE

Type and filter the list 

- Drop Squat to Jump Squat
- PT
- Vertical Jump
- 10 Yard
- Vertimax
- RDL

PR

REPS WEIGHT

ADD

9:41



JANE SMITH



USER INFORMATION

Name

Jane Smith

Email

jane.smith@gmail.com

Contact

440-315-2491

Birth Date

03-15-1990

Gender

Male

Address

069 Borer Dam Suite

Groups

Soccer, Basketball



Dashboard



Leaderboard



Strength Result



Profile



More

9:41



WORKOUT HISTORY

DATE	TIME	WEEKS	DAYS	PROGRAMS
03-12-2019	8:36 PM	5	12	Program 1
03-12-2019	PT	5	12	Program 2
03-12-2019	11:51 AM	5	12	Program 3
03-11-2019	6:57 PM	5	11	Program 4
03-12-2019	8:36 PM	5	12	Program 1
03-12-2019	PT	5	12	Program 2
03-12-2019	11:51 AM	5	12	Program 3
03-11-2019	6:57 PM	5	11	Program 4
03-12-2019	8:36 PM	5	12	Program 1
03-12-2019	PT	5	12	Program 2
03-12-2019	11:51 AM	5	12	Program 3
03-11-2019	6:57 PM	5	11	Program 4



Dashboard



Leaderboard



Strength Result



Profile



More

9:41



RDL

MY RESULTS

LEADER BOARD

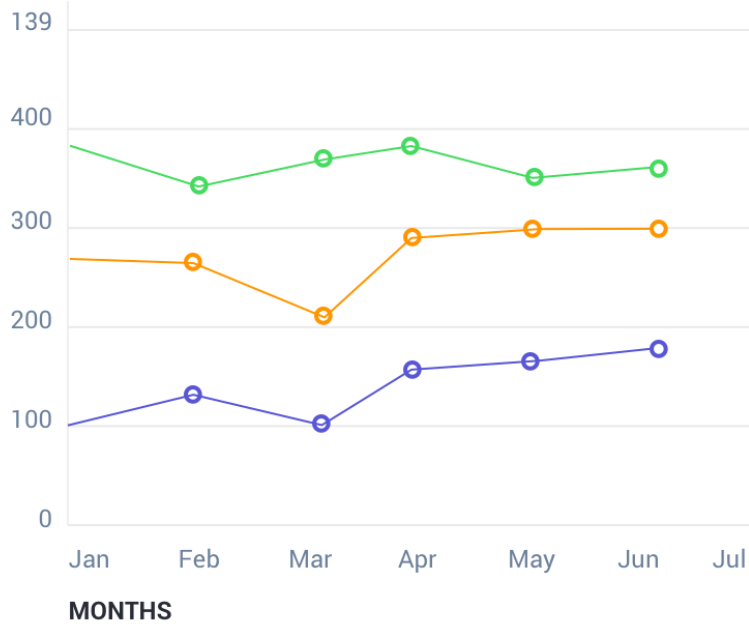
All

1-3 Reps

4-7 Reps

8+ Reps

WEIGHT (LBS)



DATE	WEIGHT	REPS
03/11/2020	135	3
03/12/2020	136	5
03/14/2020	138	8

- Dashboard
- Leaderboard
- Strength Result
- Profile
- More

MORE INFO



Videos



Workout History



Terms of Use



Workout Log



Sign out



Dashboard



Leaderboard



Strength Result



Profile



More



TERMS OF USE

APPLICATION

MESSAGING

Definition "Application" : Includes any VICI 1, LLC And T3 Performance, LLC content or other VICI 1, LLC And T3 Performance, LLC services incorporated therein, and any updates, upgrades, enhancements or modifications provided by VICI 1, LLC and T3 Performance, LLC in its sole discretion, that replace and/or supplement the original application.

1. Information Usage

Watching the news the other day, it occurred to me that people who have "words to live by" often begin to attack and even kill others. I thought back to my own angry youth, when I could easily use words to justify violent thoughts which might have become violent actions. Words are tools, and yet it seems that they can be more dangerous than gunpowder.

Imagine two men facing each other, pointing past one another. One is pointing at a tornado that is coming, and the other at a raging fire headed towards them. Each sees their own truth and is angry at the sight of the other's hand. Each feels that the other's hand is "wrong." This may seem silly, but replace the tornado and fire with any modern issues, and the hands with words, and this scene describes how we often try to communicate.

2. Licensing & Restrictions

Watching the news the other day, it occurred to me that people who have "words to live by" often begin to attack and even kill others. I thought back to my own angry youth, when I could easily use words to justify violent thoughts which might have become violent



Dashboard



Leaderboard



Strength Result



Profile



More

USER STRANGTH RESULTS

MY RESULTS **LEADER BOARD**

All 1-3 Reps 4-7 Reps 8+ Reps

WEIGHT (LBS)

139

X

Type and filter the list >

- Drop Squat to Jump Squat
- PT
- Vertical Jump
- 10 Yard
- Vertimax
- RDL
- MB SLAM
- Barbell RDL
- Backward Lunge-Goblet

SEARCH

9:41



JANE SMITH



USER INFORMATION

Name

Jane Smith

Email

jane.smith@gmail.com

Contact

440-315-2491

Birth Date

03-15-1990

Gender

Male Female

Address

069 Borer Dam Suite

Groups

Soccer, Basketball



SAVE



Dashboard



Leaderboard



Strength Result



Profile



More



TROPHIES & BADGES



Best Workout - January 2019

The 12 steps to acquire mind-power is intended to build positive visuals, acquire mind power and help you achieve your dreams and desires that may be as varied as improving your personality, increasing your wealth, attracting love and making yourself attractive.



Western Collage Competition 2019

The 12 steps to acquire mind-power is intended to build positive visuals, acquire mind power and help you achieve your dreams and desires that may be as varied as improving your personality, increasing your wealth, attracting love and making yourself attractive.



Dashboard



Leaderboard



Strength Result



Profile



More



9:41



COACH - EMILY



Can You Replay JOHN Please?

Seen 12:00 AM

Hi , What you do?



I need A new workout . Now

Seen 12:00 AM

Type Your Message



9:41



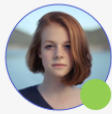
MESSAGES



DIRECT

GROUP

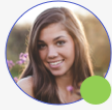
Search...



Ava Gregoraci

Now

Can You Replay Ahmed Please?



Ilya Vasin

Now

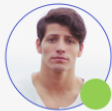
Can You Replay Ahmed Please?



Ishaq El Vohra

Now

Can You Replay Ahmed Please?



Maria José Botín

Now

Can You Replay Ahmed Please?



Dashboard



Leaderboard



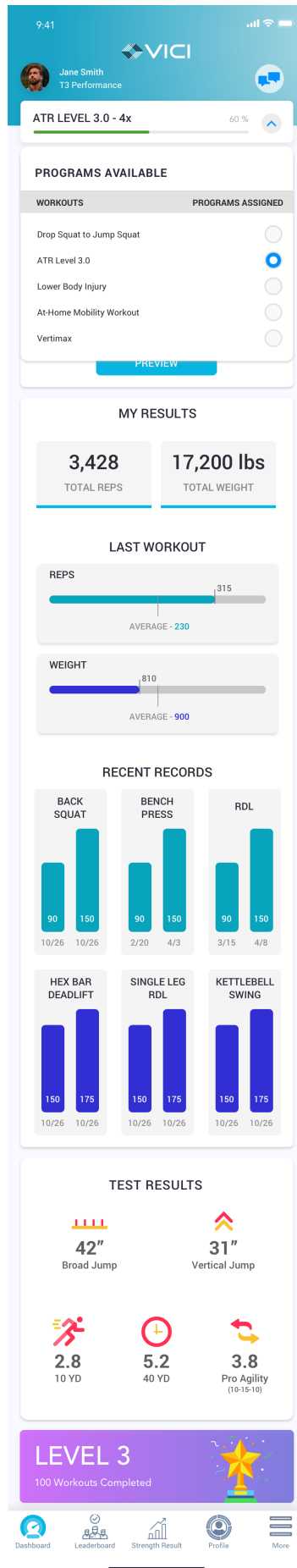
Strength Result



Profile



More



9:41



MOUNTAINEERS GROUP



Can You Replay JOHN Please?

Seen 12:00 AM

Hi , What you do?

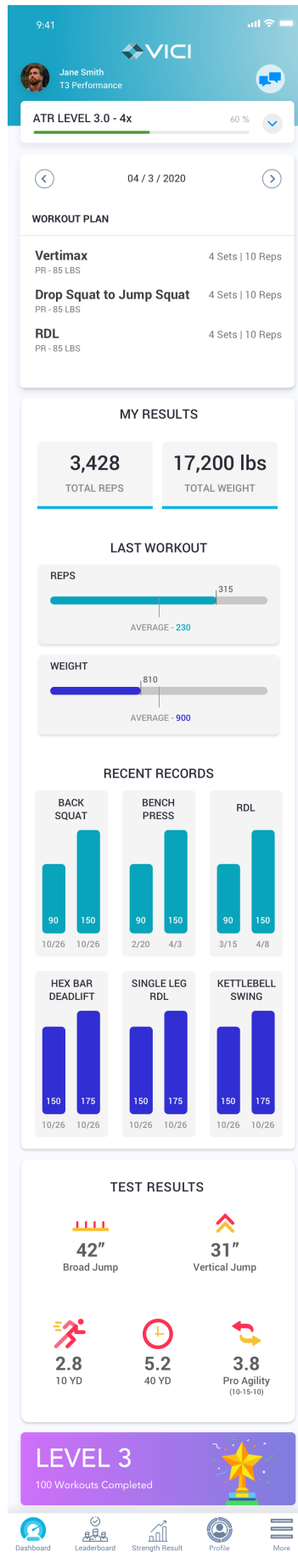


I need A new workout . Now

Seen 12:00 AM

Type Your Message





9:41



MESSAGES



DIRECT

GROUP

Search...



Mountaineers Group

Now

Let's discuss the next workouts..



Dashboard



Leaderboard



Strength Result



Profile



More

9:41



SIGN UP

Member Code

123154651

First Name

Edwin

Last Name

Sanders

E-mail

e.sanders@gmail.com

Password

●●●●●●●●

Confirm Password

●●●●●●●●

If you are under 13 years of age, the front desk must create your account for you.



I confirm that I am over 13 years of age.

SIGN UP

Already have an account? [LOGIN](#)

9:41



LOGIN

Email

Password

Forgot Password?

LOGIN

Create an account? [SIGN UP](#)

9:41



Forgot Password

Enter your email and we will send you your password

E-mail

e.sanders@gmail.com

SEND

LEADERBOARD

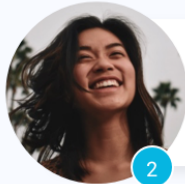
Drop Squat to Jump Squat , All, Both



Sofía Alcocer

223 lbs

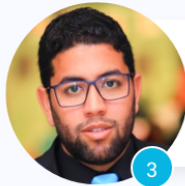
1



Chiemeka Yobachukwu

200 lbs

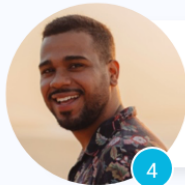
2



Justine Marshall

180 lbs

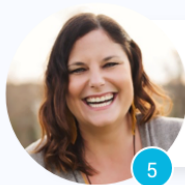
3



Athar Malakooti

165 lbs

4



Loni Bowcher

146 lbs

5



Shinohara Ryoma

138 lbs



Dashboard



Leaderboard



Strength Result

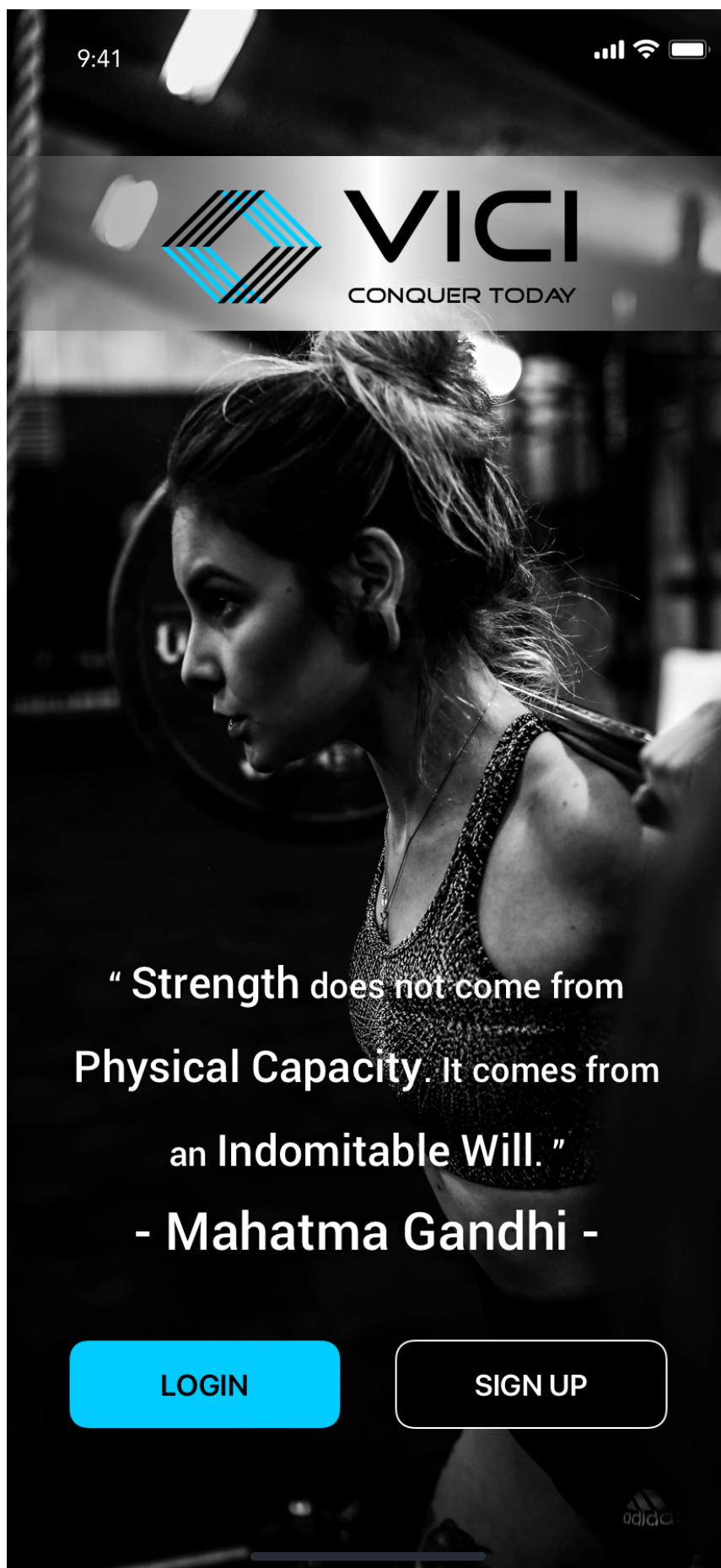


Profile



More







RESULTS

Workout Summary for March 31, 2020

Week 5 | Day 1

Total Weight Moved 546 lbs

Total Reps 120

CORE EXERCISES

WEIGHT (LBS)

All

1-3 Reps

3-6 Reps

6+ Reps



RDL - PR 165 LBS



Dashboard



Leaderboard



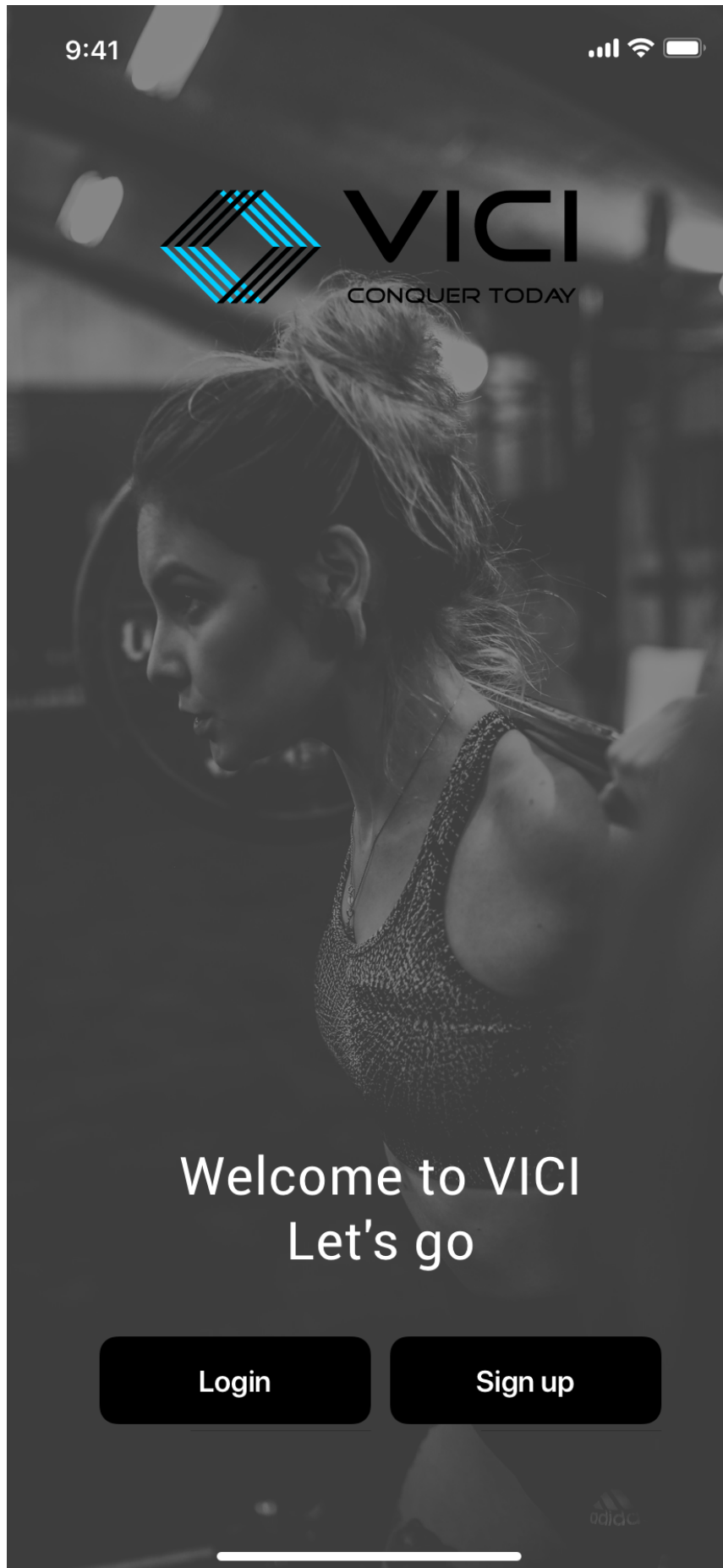
Strength Result



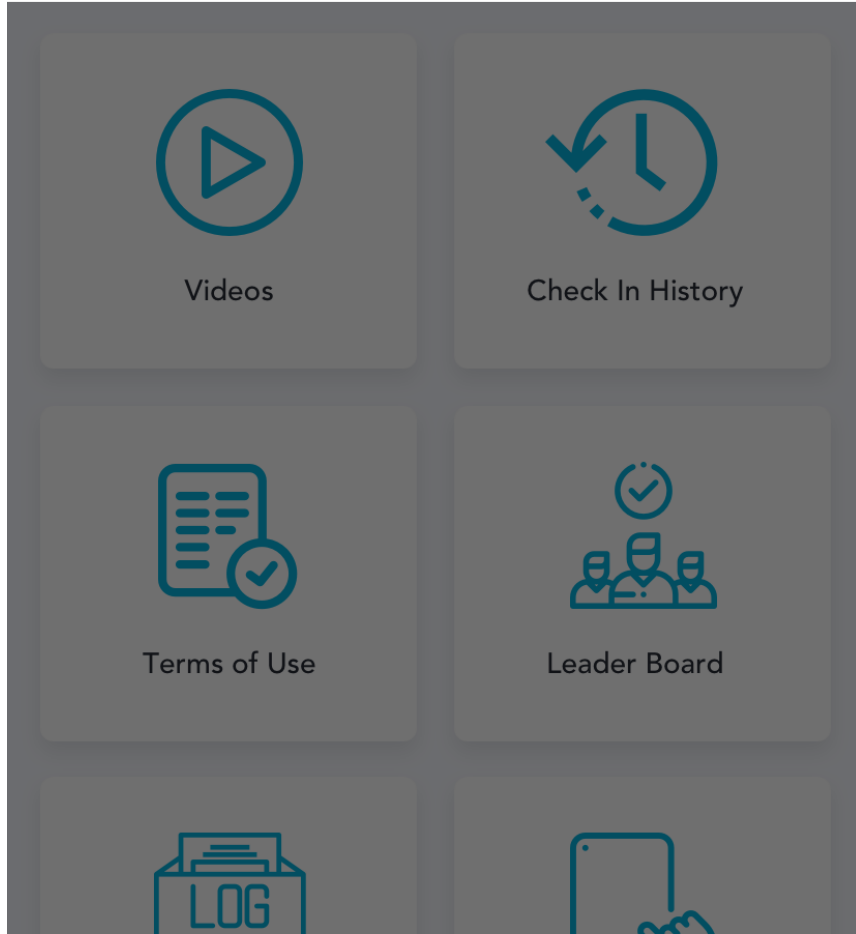
Profile



More



DASHBOARD



CLASS TIMES



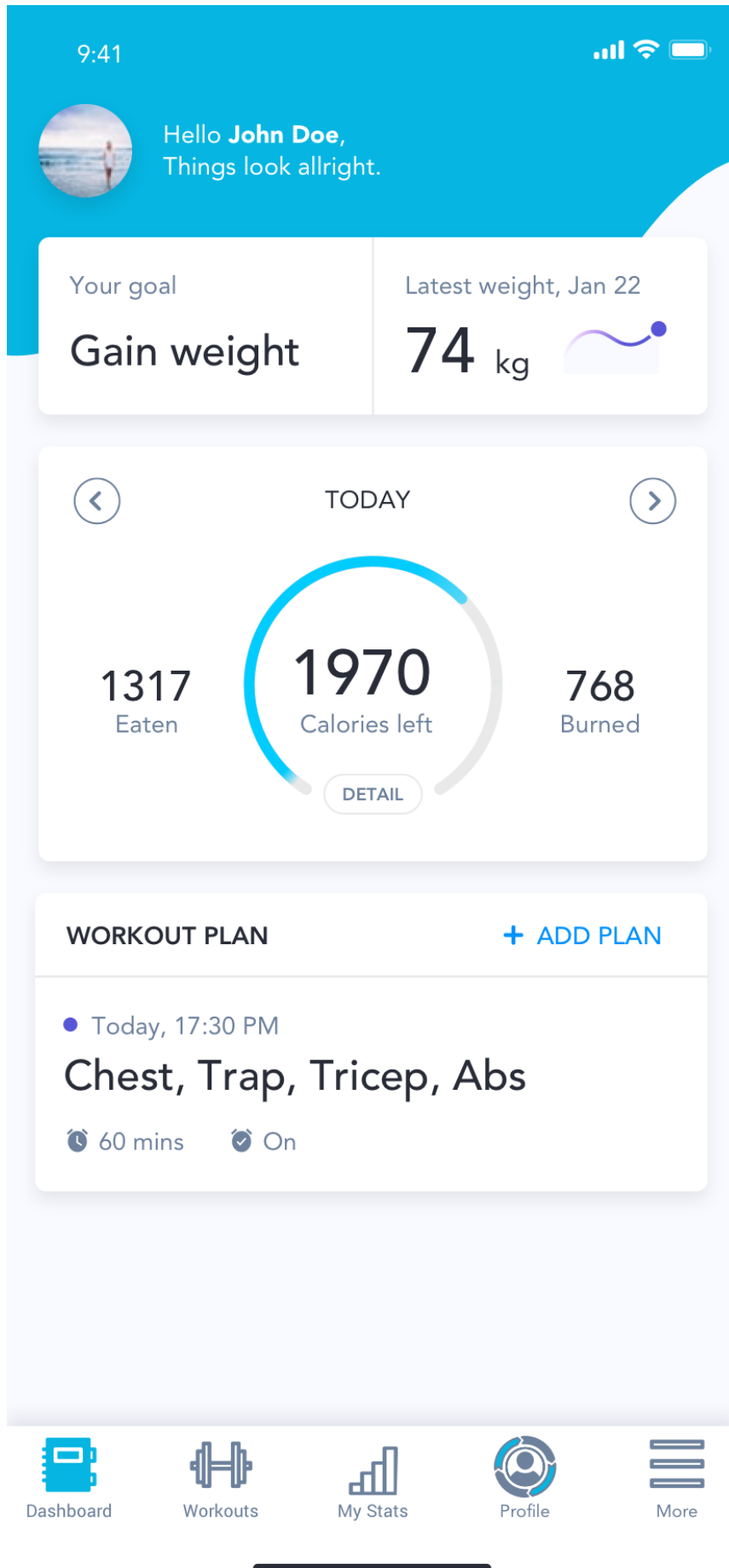
PT		
8		
9	00	
10	15	AM
11	30	PM
12	45	

CHECK IN









9:41



ATR LEVEL 3.0 - 4X

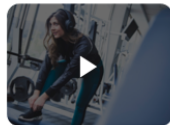
Level 3 | Week 5 | Day 2

BLOCK 1

BLOCK 2

BLOCK 3

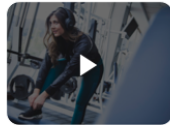
COMPLETE WORKOUT



Vertimax

PR - 85 LBS

REPS	6	6	6	6
WEIGHT (LBS)	0	0	0	0



Drop Squat to Jump Squat

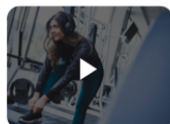
PR - 85 LBS

REPS	6	6	6	6
WEIGHT (LBS)	0	0	0	0



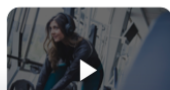
Drop Squat to Jump Squat

PR - 85 LBS



Vertimax

PR - 0 LBS

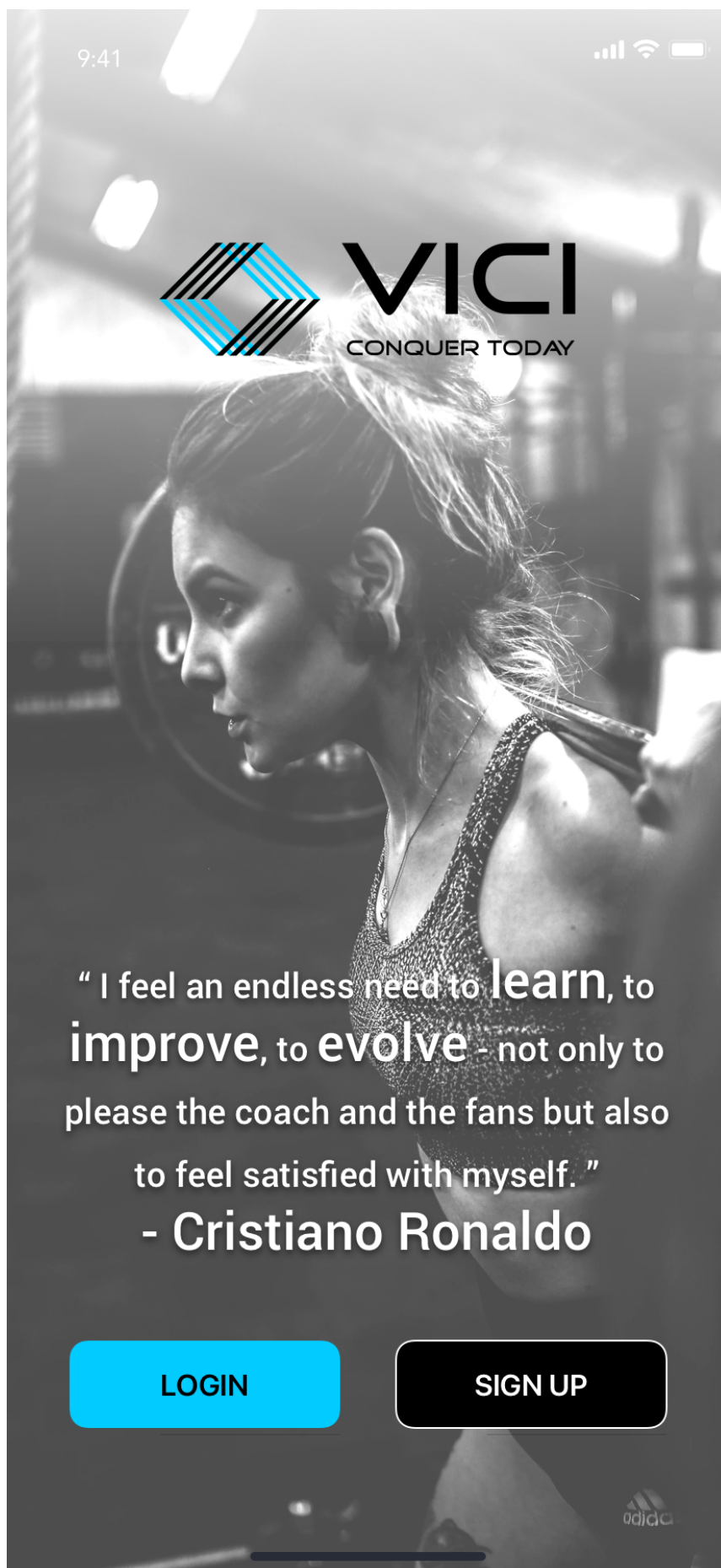


Drop Squat to Jump Squat

PR - 85 LBS

- Dashboard
- Workouts
- My Stats
- Profile
- More

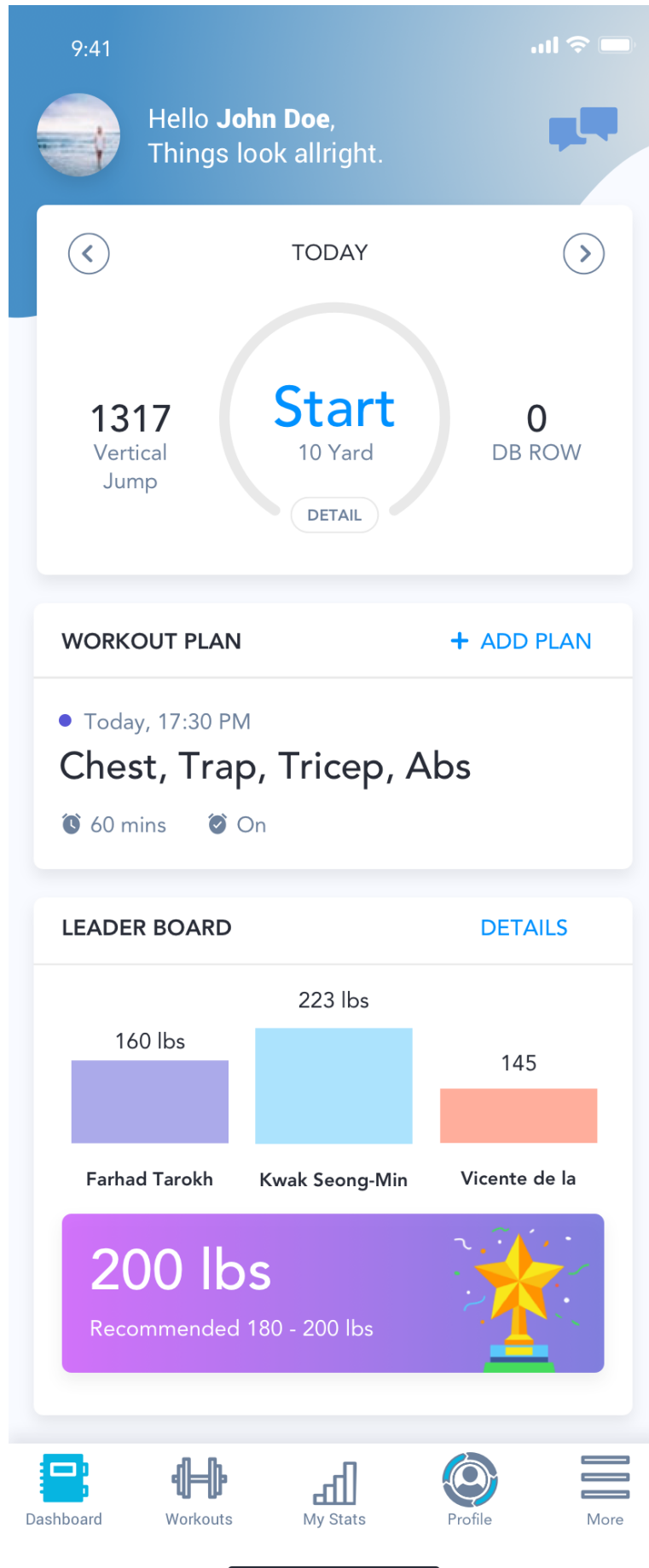




“ I feel an endless need to **learn**, to **improve**, to **evolve** - not only to please the coach and the fans but also to feel satisfied with myself. ”
- Cristiano Ronaldo

LOGIN

SIGN UP

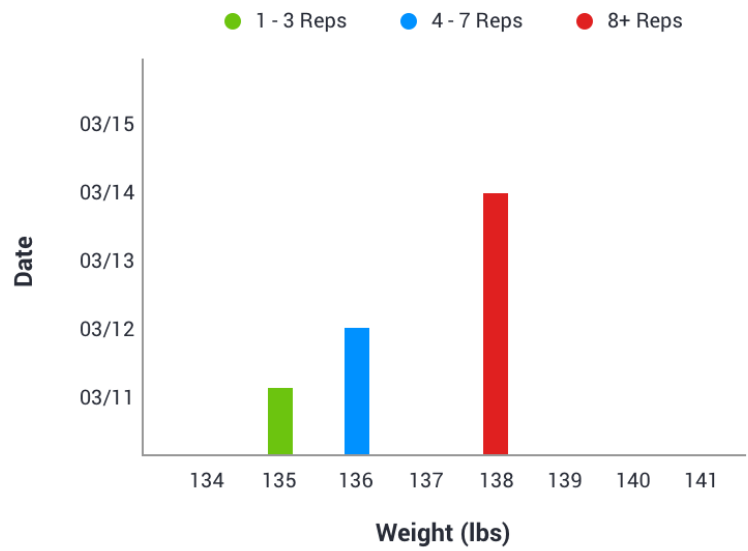


9:41



RDL

MY RESULTS



DATE	WEIGHT	REPS
03/11/2020	135	3
03/12/2020	136	5
03/14/2020	138	8

LEADER BOARD

2 Carlota 180 lbs	1 Sofia Alcocer 223 lbs	3 Noori El 130 lbs
-----------------------------	-----------------------------------	------------------------------



RESULTS

Workout Summary for March 31, 2020

Week 5 | Day 1

Total Weight Moved 546 lbs

Total Reps 120

CORE EXERCISES

WEIGHT (LBS)

All

1-3 Reps

3-6 Reps

6+ Reps



PUSH PRESS - PR 95 LBS



Dashboard



Leaderboard



Strength Result



Profile



More



9:41



ATR LEVEL 3.0 - 4X

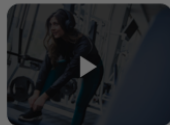
Level 3 | Week 5 | Day 2

BLOCK 1

BLOCK 2

BLOCK 3

COMPLETE ALL



Vertimax

PR - 85 LBS

REPS 6 6 6 6

REPS

LBS

Vertimax

REPS 1 - 20

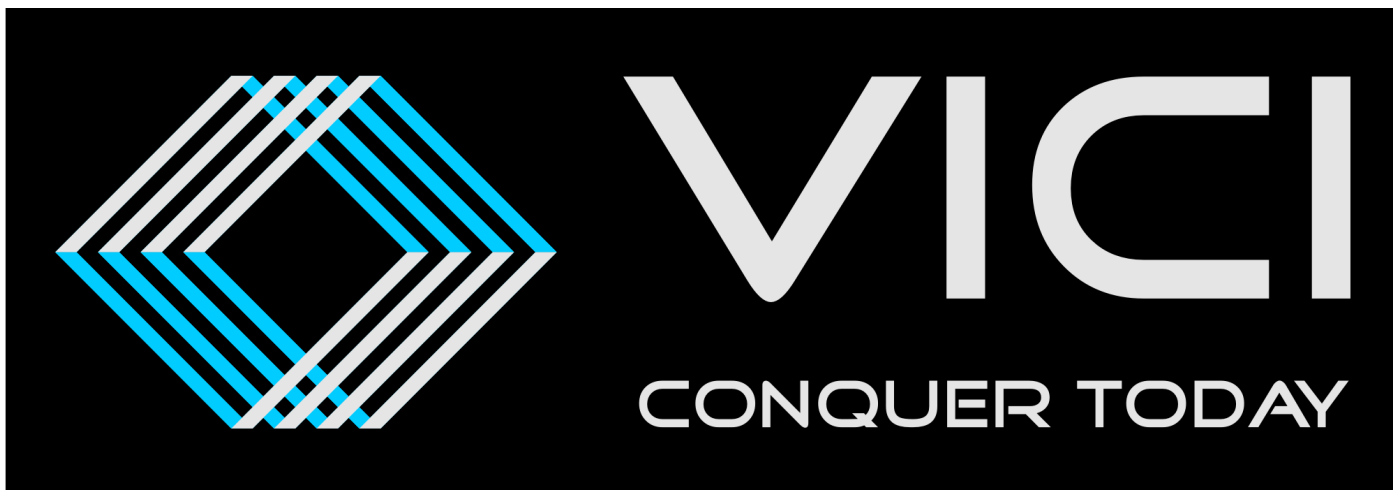
REPS 2 - 6

< 3 4 5 6 7 8 9 10 11 >

REPS 3 - 0

REPS 4 - 0

UPDATE

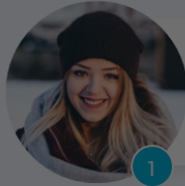


9:41



LEADERBOARD

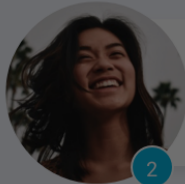
Drop Squat to Jump Squat , All, Both



Sofía Alcocer

223 lbs

1



Chiemeka Yobachukwu

200 lbs

2



Justine Marshall



LEADERBOARD FILTER

GENDER



Male



Female



Both

AGE



All Ages

Age

14



to



14

15

16

17

18

19

20

21

22



Drop Squat to Jump Squat



SEARCH

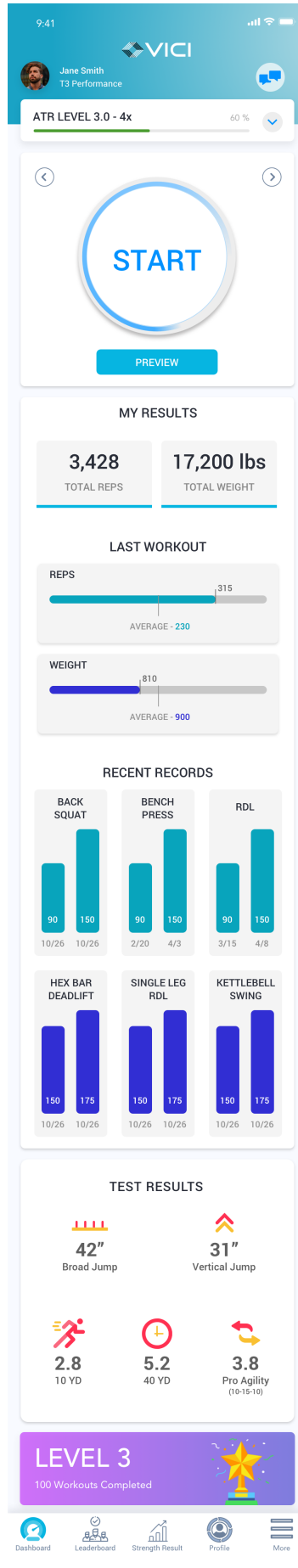


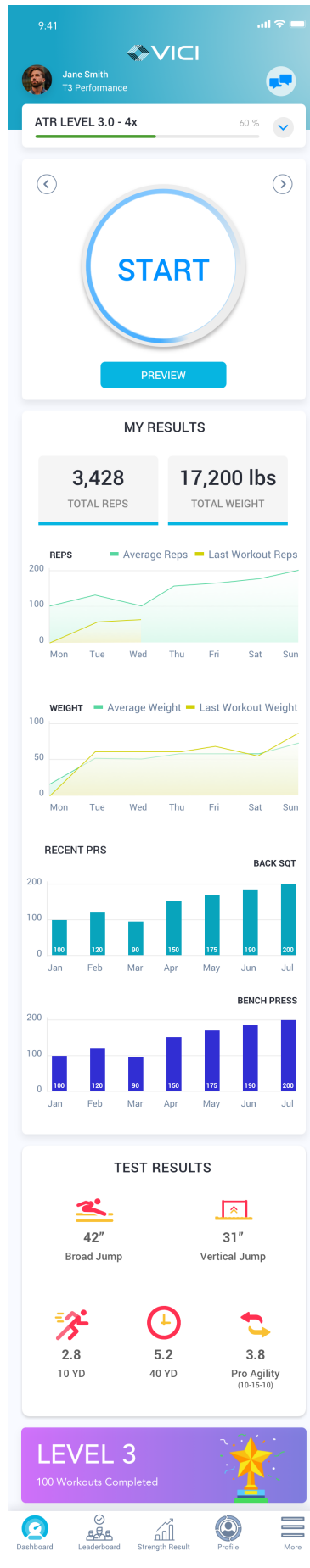
Henk Fortuin



VICI

CONQUER TODAY



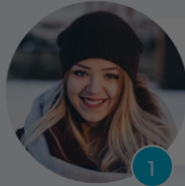


9:41



LEADERBOARD

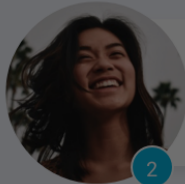
Drop Squat to Jump Squat , All, Both



Sofía Alcocer

223 lbs

1



Chiemeka Yobachukwu

200 lbs

2



Justine Marshall



LEADERBOARD FILTER

- Drop Squat to Jump Squat
- PT
- Vertical Jump
- 10 Yard
- Vertimax

Drop Squat to Jump Squat



SEARCH



Henk Fortuin



