

# Work the F\* Out



<b>Address</b>	{value_address}
<b>Contact Person</b>	{value_contact_person}
<b>Mobile Number</b>	{value_mobile_number}
<b>Email</b>	{value_email}

This program keeps track of your weightlifting routines. It can be configured for anyones routine and is multiuser. It also makes use of jpgraph so you can track your results graphically. If you weightlift, workout, or bodybuild you should definitely check it out.

For more details, please visit <https://scripts.goclix.com/work-the-f-out-20778>