

現在のトレーニング計画の進行状況や各マシンの負荷設定を確認できます。

画面下にある『ハート』のマークを選択と確認できます。

The screenshot shows the app's main menu with a heart icon highlighted. Below it, the 'トレーニング計画の進行状況' (Training Plan Progress) section shows '22 / 20 単位' (22 / 20 units) completed. A callout box explains that the number of sessions completed out of the total 20 can be confirmed here.

The 'トレーニング単位 A' (Training Unit A) section shows a 'Strength Endurance Circuit' with '2 ラウンド・8 機器' (2 rounds, 8 machines). A callout box explains that the selected training plan and machine load settings can be confirmed here, and tapping on a machine icon shows its details.

The detailed view of the 'STRENGTH ENDURANCE CIRCUIT' shows a list of machines with their respective load settings:

- Q LEG EXTENSION: 伸張性収縮 (Eccentric contraction), 10 | 20 %
- Q CHEST PRESS: 伸張性収縮 (Eccentric contraction), 10 | 20 %
- Q SEATED ROW: 伸張性収縮 (Eccentric contraction), 9 | 20 %
- Q BIKE: パワー制御 (Power control), 75 ワット (75 Watts)
- Q LEG CURL: 伸張性収縮 (Eccentric contraction), 9 | 20 %
- Q ABDOMINAL CRUNCH: 伸張性収縮 (Eccentric contraction), 15 | 20 %
- Q BACK EXTENSION: 伸張性収縮 (Eccentric contraction), 16 | 20 %
- Q CROSSWALKER: パワー制御 (Power control), 90 ワット (90 Watts)

A callout box points to the detailed view of the 'Q SEATED ROW' machine, showing its specific load setting of 9 | 20 %.