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Historical Performance in Workout Tracker

Sandy Tannheimer - 2026-09-17 - [Workout Tracker](#)

Historical Performance gives you a single place to review every movement and benchmark result logged through workouts, instead of digging back through individual sessions. Owners and Coaches can see it in Kilo GMS on each athlete's profile, with a few extra comparison metrics added for coaching. In Phase 2 of the release, Athletes will be able to view it in the athlete app;

What you can do with Historical Performance

- Browse every movement and benchmark an athlete has logged, sorted newest first
 - Open the complete history of any single movement or benchmark
 - See an athlete's Estimated One Rep Max and training percentages for strength movements
 - Spot new personal records as they happen with the PR badge
 - Compare an athlete's latest result against their best result from the Workout Tracker tab
 - Review a past workout's full details without leaving the athlete's profile
-

Where you'll find Historical Performance

Historical Performance pulls from the same underlying results whether you're looking at it in the athlete app or in Kilo GMS. There are three entry points:

- **View History**, shown to an athlete while they're logging a result, before they submit it. It shows their last 5 results for that movement or benchmark plus a button to open the full history.
- **Workouts**, a tab in **My Events** in the athlete app, alongside Upcoming and Past. This opens the full Historical Performance list for that athlete.
- **Workout Tracker**, a tab on the athlete's profile in Kilo GMS, for coaches, owners, and staff.

Note

If an athlete has no prior results for a movement or benchmark, View History shows "No previous results yet. Log this result to start tracking your history." instead of a results list, and the View Full History button doesn't appear.

How do I view an athlete's history in Kilo GMS?

1. Open the athlete's profile.

2. Select the **Workout Tracker** tab (it sits right after Attendance in the tab bar).
3. Review the header for a quick summary: total PRs and the athlete's last logged activity.
4. Use the **Type** and **Date Range** filters to narrow the list, or search for a specific movement or benchmark.
5. Select **View More** on any row to open its full history.

Jessica Jones

General Info Packages Documents Invoices Reservations Attendance **Workout Tracker** Credits Notes Communications Uploaded files

Workout Tracker
Athlete's workout performance — best results and history

Total PRs: 17 · Last activity: 07/04/2026

Search by movement or benchmark Type: All Date: All time

Movement %	Type	Best Result %	Last Result %	Last Date	Progress	
Back Squat	MOVEMENT	2 reps @ 405	2 reps @ 405	07/06/2026	↑ 45 lb	View more
Deadlift	MOVEMENT	2 reps @ 200	2 reps @ 200	07/01/2026	↑ 15 lb	View more
Front	BENCHMARK	4:12 KK	4:12 KK	06/27/2026	↓ 29s	View more
Pull-ups AMRAP	MOVEMENT	32 reps	32 reps	06/26/2026	↑ 4 reps	View more
Murph	BENCHMARK	42:30 SCALED	42:30 SCALED	06/14/2026	↓ 3:30	View more
Row 20 min	MOVEMENT	312 cal	298 cal	06/12/2026	↓ 14 cal	View more
Run 10 min	MOVEMENT	2,150 m	2,080 m	06/05/2026	↓ 70 m	View more
Plank Hold	MOVEMENT	3:45	3:18	05/30/2026	↓ 27s	View more
Cindy	BENCHMARK	18 rounds + 7 KK	18 rounds + 7 KK	05/18/2026	↑ 2 rounds	View more
Grace	BENCHMARK	3:05 KK	3:05 KK	05/02/2026	—	View more

Select the **Workout Tracker** tab (it sits right after Attendance in the tab bar).

All Kilo GMS roles (owners, coaches, and staff) see the same Workout Tracker view. There's no separate permission level for this tab.

Note

If an athlete **hasn't logged** any results yet, the Workout Tracker tab shows "This athlete hasn't logged any results yet. Results will appear here once they start logging workouts from the athlete app," and the header shows Total PRs: 0 and Last activity: —.

ce	Workout Tracker	Credits	Notes	Communications	Uploaded files
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No results yet

This athlete hasn't logged any results yet.
Results will appear here once they start logging workouts from the Athlete App.

Understanding the Historical Table

Each row in the Workout Tracker table represents one movement or benchmark, tracked by its own scoring type. Columns:

- **Name.** If an athlete has logged a movement under more than one scoring type (for example, Back Squat tracked by both weight and by time), each scoring type gets its own row, labeled with the scoring type so it's clear why the same movement name appears twice.
- **Type.** Movement or Benchmark.
- **Last Result.** The most recently logged result, not necessarily the athlete's best.
- **Best Result.** The athlete's best result on record. For benchmarks with levels (RX, Scaled, RX+), this shows the best result at the highest level the athlete has attempted, labeled with that level.
- **Last Date.** The date of the most recent result.
- **View More.** Opens the full history for that row.

General Info	Packages	Documents	Invoices	Reservations	Attendance	Workout Tracker	Credits	Notes	Communications	Uploaded files
+ Workout Tracker										
Back Squat MOVEMENT 1b •										
RECOMMENDED 1-REP MAX 417 lb Based on your latest PR: 2 reps @ 405 lb - 07/06/2026 - Brooklyn View percentage table										
Date: All time ▾										
Date	Heaviest Set	All Sets								
2026										
07/06/2026	2 reps @ 405 ▲ 7%	5 reps @ 385 - 3 reps @ 385 - 2 reps @ 405	View workout +							
06/24/2026	4 reps @ 360	5 reps @ 345 - 5 reps @ 350 - 4 reps @ 360	View workout +							
06/10/2026	5 reps @ 365 ▲ 7%	5 reps @ 345 - 5 reps @ 355 - 5 reps @ 365	View workout +							
05/27/2026	5 reps @ 315 ▲ 7%	—	View workout +							
05/13/2026	5 reps @ 295 ▲ 7%	5 reps @ 295 - 5 reps @ 295	View workout +							

The Workout Side Panel

Selecting a result from a movement or benchmark's history opens a side panel rather than taking you away from the athlete's profile. The panel shows the workout summary, its sections, the movement or benchmark details, athlete notes, coach notes, and scoring types, so you can review the full context of that session without losing your place in the Workout Tracker.

← Jessica Jones

General Info Packages Documents Invoices Reservations Attendance Workout Tracker Credits Notes Communications Uploaded files

+ Workout Tracker

Back Squat MOVEMENT 1b •

RECOMMENDED 1-REP MAX **417 lb** Based on your latest PR: 2 reps @ 405 lb - 07/06/2026 - Brooklyn [Hide percentage table](#)

RELEVANT HEAVIEST LIFTS
2 reps 4 reps 5 reps
405 360 365

1-REP MAX PERCENTAGES
100% 95% 90% 85% 80% 75% 70% 65% 60% 55% 50% 45%
417 396 375 354 334 313 292 271 250 229 209 188

Calculated using Brzycki formula

Date: All time ▾

Date	Heaviest Set	All Sets
2026		
07/06/2026	2 reps @ 405 ▲ 7%	5 reps @ 385 - 3 reps @ 385 - 2 reps @ 405
06/24/2026	4 reps @ 360	5 reps @ 345 - 5 reps @ 350 - 4 reps @ 360
06/10/2026	5 reps @ 365 ▲ 7%	5 reps @ 345 - 5 reps @ 355 - 5 reps @ 365
05/27/2026	5 reps @ 315 ▲ 7%	—
05/13/2026	5 reps @ 295 ▲ 7%	5 reps @ 295 - 5 reps @ 295

Strength & Conditioning — ONS Athlete App mobile

Coach Notes

Watch for early hip rise on the squats.
Scale Pull-ups to Ring Rows.

4 Warm-up

3 rounds (not for time):
200m run
10 burpees
15 air squats

1 Strength / Skill

Back Squat
5 sets x 5 reps 80% 1RM
Load progression (add weight each set)

Scoring

Back Squat
Weight (sets and reps) **2 reps @ 405 ▲ 7%**

Set 1

5 reps @ 365

Set 2

3 reps @ 385

Set 3

2 reps @ 405

6 Metcon — "Leg Burner"

For time - 4 rounds:
15 wall balls
12 kettlebell swings
9 box jumps

Scoring

Entire section
Time (lower is better) - Level: RX **4:32**

Closing the panel returns you to the movement or benchmark history you were viewing.

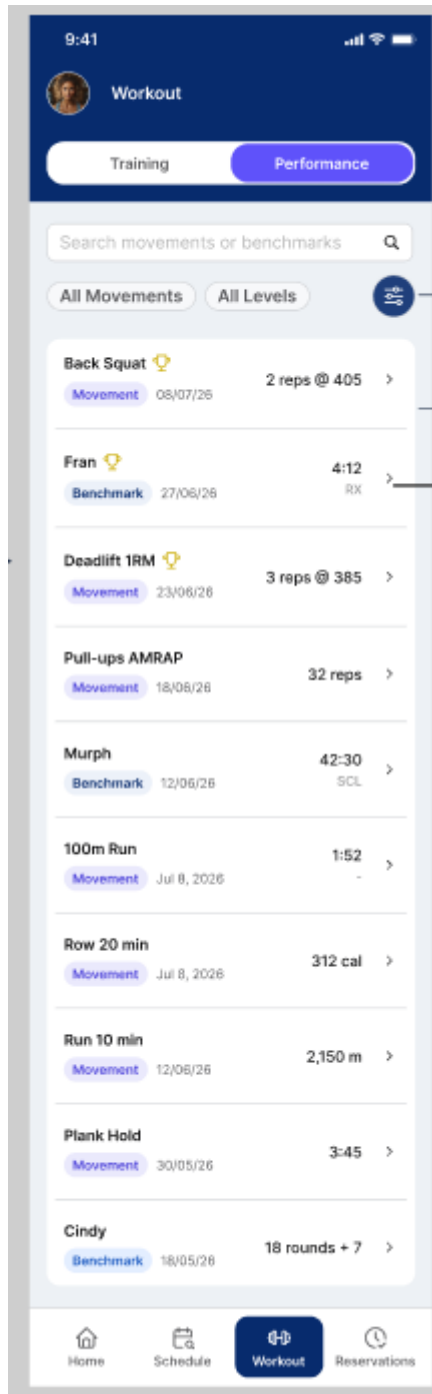
Coming Soon (phase 2) - What will an athlete see in the app?

Because you'll likely field questions about it, here's the athlete-facing side of the same feature.

Warning

Athletes will not be able to view Historical Performance via Kilo - Members app in the recent release. This information is available for you and your Coaches to be prepared when Phase 2 is released.

From **Workout** → **Performance**, athletes reach the Historical Performance landing page: a searchable, filterable list of every movement and benchmark they've completed, newest first.



Selecting the filter button opens a modal where athletes can narrow the list by:

- **Type:** All, Movements, or Benchmarks
- **Sort by:** Most Recent (default), Oldest, or Name (A-Z)
- **Date range:** Last 7 Days, Last 30 Days, Last 3 Months, Last 6 Months, Last Year, or All Time

Filter & Sort

×

Sort By

☒ Most recent

☐ Oldest first

☐ Name A-Z

Date Range

☒ Last 7 Days

☐ Last 30 Days

☐ Last 3 Months

☐ Last 6 Months

☐ Last Year

☐ All time

☐ Custom Range

Type

All

Movement

Benchmark

Level

All

Scaled

RX

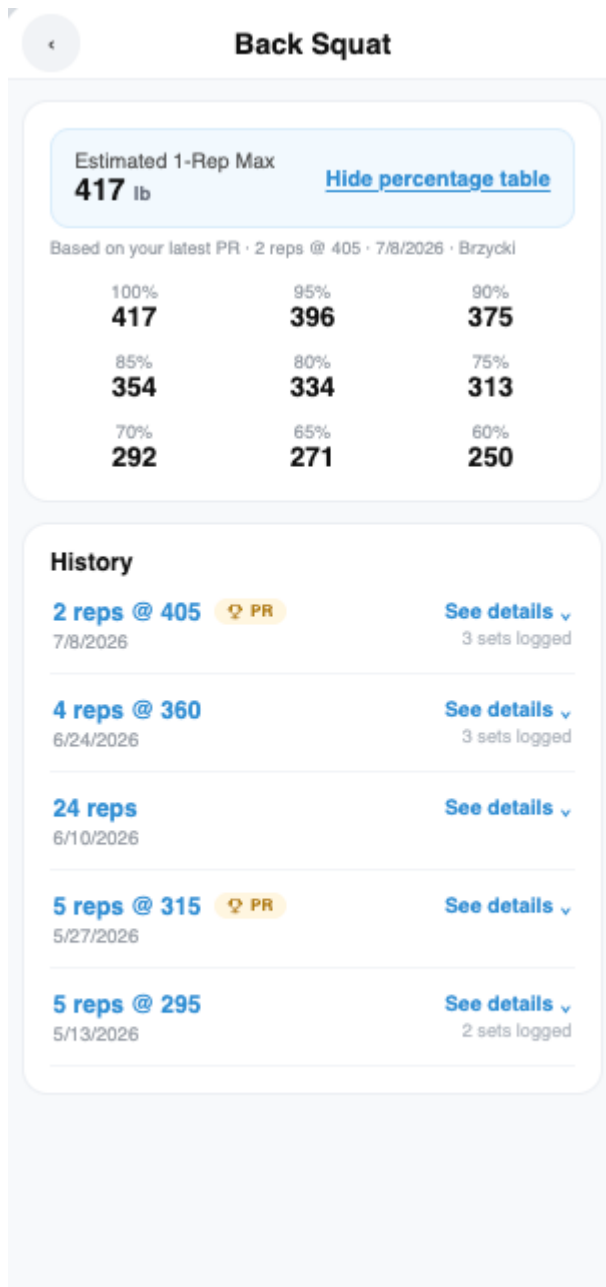
RX+

Show Results (4)

[Cancel](#)

Selecting a row opens the full history for that movement or benchmark:

- **Strength movements (Weight, Sets & Reps)** open with an Estimated 1RM card and training percentage table, followed by every past result for that movement.
- **All other movement scoring types** skip straight to the results list, since the 1RM calculation doesn't apply.
- **Benchmarks** open with a short summary of the benchmark (name, description, and scoring type) before showing past attempts, including the level (RX, Scaled, RX+) attempted each time.



From any result, athletes can select **See Details** for that day's entry, and **View Full Workout** to jump back to the original session.

Note

If the original workout has since been deleted, View Full Workout no longer appears on that result, but the logged result itself stays visible in the history. Historical results are never removed when a workout is deleted.

How is Estimated One Rep Max calculated?

For movements scored by Weight, Sets & Reps, Kilo calculates an **Estimated 1RM** using the athlete's best qualifying set (their **Reference Lift**) and the Brzycki formula.

Only sets of **10 reps or fewer** can become the Reference Lift. High-rep sets are excluded from this calculation because the formula becomes unreliable at higher rep counts, but they're still shown in the athlete's history and can still earn a PR badge based on raw weight.

If an athlete has no set at 10 reps or fewer, the Estimated 1RM card and percentage table don't appear for that

movement.

The Reference Lift updates whenever an athlete lifts a heavier qualifying weight, or matches their current heaviest qualifying weight with more reps. A PR badge, however, is only awarded for a heavier raw weight than anything logged before; matching a previous weight with more reps updates the Estimated 1RM but doesn't earn a new PR badge.

Frequently asked questions

What's the difference between an athlete's latest result and their best result?

In the athlete app, Historical Performance always shows the athlete's most recently logged result, not their all-time best. A PR badge still appears on that entry if the latest result also happens to be their personal record. In Kilo GMS, the Workout Tracker table shows both a Last Result and a Best Result column, so coaches can see both at a glance.

Why does the same movement sometimes appear as two separate entries in an athlete's history?

Because a movement logged under two different scoring types is tracked as two separate histories. For example, if an athlete's Back Squat has been logged both by weight and by time, those are treated as unrelated movements since the values aren't comparable. Each entry is labeled with its scoring type (for example, "Back Squat — Weight" and "Back Squat — Time") so it's clear why there are two rows.

How does Kilo calculate an athlete's Estimated One Rep Max?

Kilo uses the Brzycki formula, based on the athlete's heaviest qualifying set at 10 reps or fewer. See How is Estimated One Rep Max calculated? above for the full rule, including why some sets don't qualify.

Why didn't a heavy, high-rep set earn my athlete a new PR badge?

A PR badge is only awarded for a heavier raw weight than anything the athlete has logged before, regardless of reps. A high-rep set at a lighter weight won't earn a badge even if it would project a higher estimated max, because the badge reflects what the athlete has actually lifted.

What happens to an athlete's history if I delete the original workout?

The logged result stays in the athlete's history; only the option to jump back to the original workout disappears. Historical Performance is append-only, so deleting a workout doesn't remove anything the athlete or coach has already reviewed there.

Can I filter benchmark results by level (RX, Scaled, RX+)?

No, level isn't a filter option, but it's shown alongside each result for context. You'll see which level an athlete attempted on every benchmark row and result.

Does an athlete get notified when they hit a new PR?

Yes, with an in-app "New PR!" toast at the moment the result is logged. No push notification, email, or text is sent, and nothing else in Historical Performance triggers a notification.

What if an athlete's weight was logged in different units over time?

Kilo converts everything to a common unit before comparing results, so the PR badge and Estimated 1RM always reflect the actual heaviest lift. The full history, the Estimated 1RM card, and the percentage table all display in your gym's default weight unit, regardless of which unit was used when a particular set was logged.

Helpful tips

- Use the Best Result column in the GMS Historical Table when you want a quick comparison without opening an athlete's full history.

- Point athletes to My Events → Workouts if they're looking for their own history; it's a faster path than digging through past sessions.
 - If an athlete asks why their Estimated 1RM card is missing, check whether they have a qualifying set of 10 reps or fewer on record for that movement.
 - The Workout Side Panel in Kilo GMS keeps you on the athlete's profile, so use it instead of the athlete app when you're reviewing history during a coaching conversation.
-

When this feature is most helpful

- Reviewing an athlete's progress on a specific lift before programming their next block
 - Confirming whether a result was actually a personal record
 - Answering an athlete's question about why a movement shows up more than once in their history
 - Comparing an athlete's most recent result to their all-time best during a check-in
 - Looking back at a past workout's full detail without leaving the athlete's profile
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If you have questions about Historical Performance in Kilo GMS, our Support team is happy to help. Reach us at **hello@usekilo.com**.

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