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Track Historical Performance for Every Athlete

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You can now review every movement and benchmark result an athlete has logged, all in one place, with **Historical Performance**. It's available in Kilo GMS on each athlete's profile.

A few highlights:

- Browse every movement and benchmark an athlete has logged, newest first, from the **Workout Tracker** tab on their profile
- See an athlete's Estimated One Rep Max and training percentages for strength movements
- Spot new personal records automatically with the PR badge

For the full walkthrough, see [Historical Performance in Workout Tracker](#).

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