

TRAINING NAME ĄĆĘÓŁŃŻŹąćęółńżź

Lorem ipsum ĄĆĘÓŁŃŻŹąćęółńżź sit amet consectetur adipisicing elit. Maxime mollitia, molestiae quas vel sint commodi repudiandae

consequuntur voluptatum. Dfgash njgadisug jdsngidahsigu ndsjf adfn iabni b bnai biu b i abiabdfhi i bdbbdasi bi iab fbi ij biadbiabi ijabd i KKKAAKAKAKAkkakakakka xyz: MASS

Level: AĆĘÓŁŃŻŹąćęółńżź

Days per week: 8.0

Duration: 88 lat

Whatever: tak.

Day 1: Chicken ĄĆĘÓŁŃŻŹąćęółńżź ĄĆĘÓŁŃŻŹąćęółńżź

ĄĆĘÓŁŃŻŹąćęółńżź	Sets	Reps	Load	а	b
com.arje.training.Exercise@6f39752b					
com.arje.training.Exercise@70bf3f64					
com.arje.training.Exercise@1e92b74f					
com.arje.training.Exercise@2871369f					
com.arje.training.Exercise@cc59e97					

Day 2: Back

exercise	sets	reps	load	rest
com.arje.training.Exercise@588d474				
com.arje.training.Exercise@eab2345				
com.arje.training.Exercise@2f4f39c1				
com.arje.training.Exercise@fde3b99				
com.arje.training.Exercise@4c366562				
Deatils *dynamic moves				

Day 3: popo

exercise	sets	reps	rest
com.arje.training.Exercise@1b50c6aa			
com.arje.training.Exercise@4d077530			
Deatils ^dynamic moves			

Day 4: Chest and Calves

ćwiczenie	sets	reps	rest	info
com.arje.training.Exercise@12b5aad9				
com.arje.training.Exercise@7f272fb3				
com.arje.training.Exercise@27917be6				
commenst, details				

