



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

Whatever: tak.

Day 1: Chicken **ĄĘÓŁŃŻŻąćęółńżż ĄĘÓŁŃŻŻąćęółńżż**

AÇĖÓŁŃŹŻąçęóŁŃŹŻ	Sets	Reps	Load	a	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				

Details *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				