



Back

All Workouts

User: Vihaan	Day 1	Push Day	Russian Twist	Sets: 4	Reps: 9	Duration: 34 mins
User: Vihaan	Day 1	Push Day	Tricep Dip	Sets: 4	Reps: 8	Duration: 43 mins
User: Vihaan	Day 1	Push Day	Deadlift	Sets: 4	Reps: 10	Duration: 32 mins
User: Vihaan	Day 2	Pull Day	Tricep Dip	Sets: 3	Reps: 10	Duration: 41 mins
User: Vihaan	Day 2	Pull Day	Lunges	Sets: 4	Reps: 11	Duration: 46 mins
User: Vihaan	Day 2	Pull Day	Pull-up	Sets: 3	Reps: 9	Duration: 51 mins
User: Vihaan	Day 3	Leg Day	Plank	Sets: 4	Reps: 11	Duration: 22 mins
User: Vihaan	Day 3	Leg Day	Squat	Sets: 3	Reps: 12	Duration: 39 mins
User: Vihaan	Day 3	Leg Day	Incline Dumbbell Press	Sets: 4	Reps: 9	Duration: 35 mins
User: Vihaan	Day 4	Cardio	Shoulder Press	Sets: 4	Reps: 12	Duration: 57 mins