Gym Training Report

Name: Remada

Series: 3x

Repetitions: 15

TimeInterval: 30s

Observation: nada

Name: Puxada

Series: 3x

Repetitions: 15

TimeInterval: 30s

Observation: nada

Name: Puxada

Series: 3x

Repetitions: 15

TimeInterval: 30s

Observation: nada

Feedback: KOn

Training Intensity: MODERATE