

76's Workout Plan

Legs - Quadriceps, Hamstrings and Calves

The exercise's name is Push-press, and it's difficulty is 3

The exercise's name is Single-Leg Press, and it's difficulty is 2

Push - Chest, Shoulders and Triceps

The exercise's name is Chest dip, and it's difficulty is 3

The exercise's name is Incline dumbbell bench press, and it's difficulty is 2

The exercise's name is Push-Ups - Close Triceps Position, and it's difficulty is 2

Pull - Lats and Middle back

The exercise's name is Pull-up, and it's difficulty is 3

The exercise's name is Rower, and it's difficulty is 2

The exercise's name is Zottman Curl, and it's difficulty is 1