

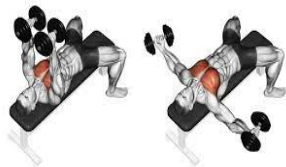


Name: PROVADUE Surname: DUE
Age: 2
Weight: 2 Gender: MASCHIO

EXERCISE

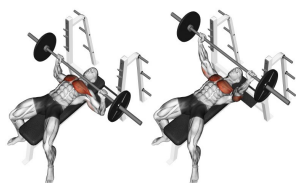
N. REP

Chest Crosses



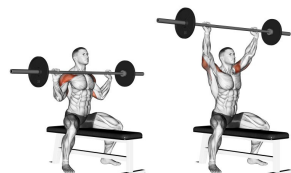
3x8

Bench-Press



3x10

Military Press



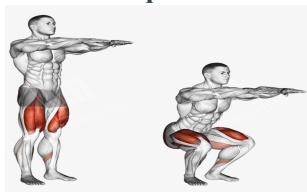
3x6

Leg Extension



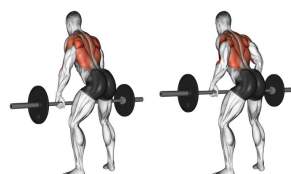
4x8

Squat



3x10

Row



3x8

Dips



3x8