

## Workout Plan

Customer Name: Ridwanullah

Plan Name: Takers

Plan Duration: Daily

Created By: testuser

### Routine# 3

#### Exercise# 1



#### Backstroke

**Category**  
Swimming

**Sets**  
64

**Reps**  
75

**Weight**  
34

**Series**  
6

#### Note

this is notes

#### Exercise# 2



#### road bicycle racing

**Category**  
Cycling

**Sets**  
23

**Reps**  
7

**Weight**  
87

**Series**  
9

#### Note

this is notes