

Workout Plan

Customer Name: Ridwanullah

Plan Name: Takers

Plan Duration: Daily

Created By: testuser

Thursday Dec 12 2020

Routine# 3 Exercise# 1



Backstroke

Category
Swimming

Sets
64

Reps
75

Weight
34

Series
6

Note

this is notes

Routine# 3 Exercise# 2



road bicycle racing

Category
Cycling

Sets
23

Reps
7

Weight
87

Series
9

Note

this is notes