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FULL


BICEPS

TRICEPS

LEGS

4


Exercises



Front reps

3 sets x 12 reps


>



Standing Reps

3 sets x 12 reps


>



Bench press

3 sets x 12 reps

>



Dead lift

3 sets x 12 reps

>





Hello
Rodrigues



Ignite Gym





Front reps

👤 Continuously



🏋️ 3 sets

↺ 12 reps

START

HISTORY OF EXERCISES

26.12.24

Continously

Front reps

08:56

Continously

Standing reps

08:32

27.12.24

Continously

Front reps

11:24



Profile



Change photo

Rodrigo

rodrigo@email.com

Change data

New Name

New E-mail

Apply Changes

