

Trainingsplan

Name: Brust Workout

Datum: 17.07.2022

Flys - Mittlere Brust

Nullam id dolor id nibh ultricies vehicula ut id elit.

Wdh: 5 Sätze: 10 Gewicht: 25

Dips - Obere Brust

Nullam id dolor id nibh ultricies vehicula ut id elit. Cras justo odio, dapibus ac facilisis in, egestas eget quam. Donec id elit non mi porta gravida at eget metus.

Wdh: 5 Sätze: 10 Gewicht: 30