

WORKOUT PLAN

Name:	Workout Template Name:	Category:	Created At:
Tiger pattom Memer 3	Template 2 edit test test uu	Tempora dolore non m	19/10/2024

Monday

Workout	Sets	Reps	Kg	Rest Time
dwe	1	1	1	1

Tuesday

Workout	Sets	Reps	Kg	Rest Time
wed	1	1	1	1

Wednesday

Workout	Sets	Reps	Kg	Rest Time
wed	1	1	1	1

Thursday

Workout	Sets	Reps	Kg	Rest Time
wed	1	1	1	1

Friday

Workout	Sets	Reps	Kg	Rest Time
we	1	1	1	1

Saturday

Workout	Sets	Reps	Kg	Rest Time
wed	1	1	1	1