





Olá, **Dhruv Prajapti**



BACK

BÍCEPS

TRÍCEPS

OMBRO

Exercícios

4



front pull

3 set x 12 rep





Beck over row

3 sets x 12 reps





Bicp curls

3 sets x 12 reps





Deadlift

3 sets x 12 reps

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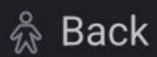


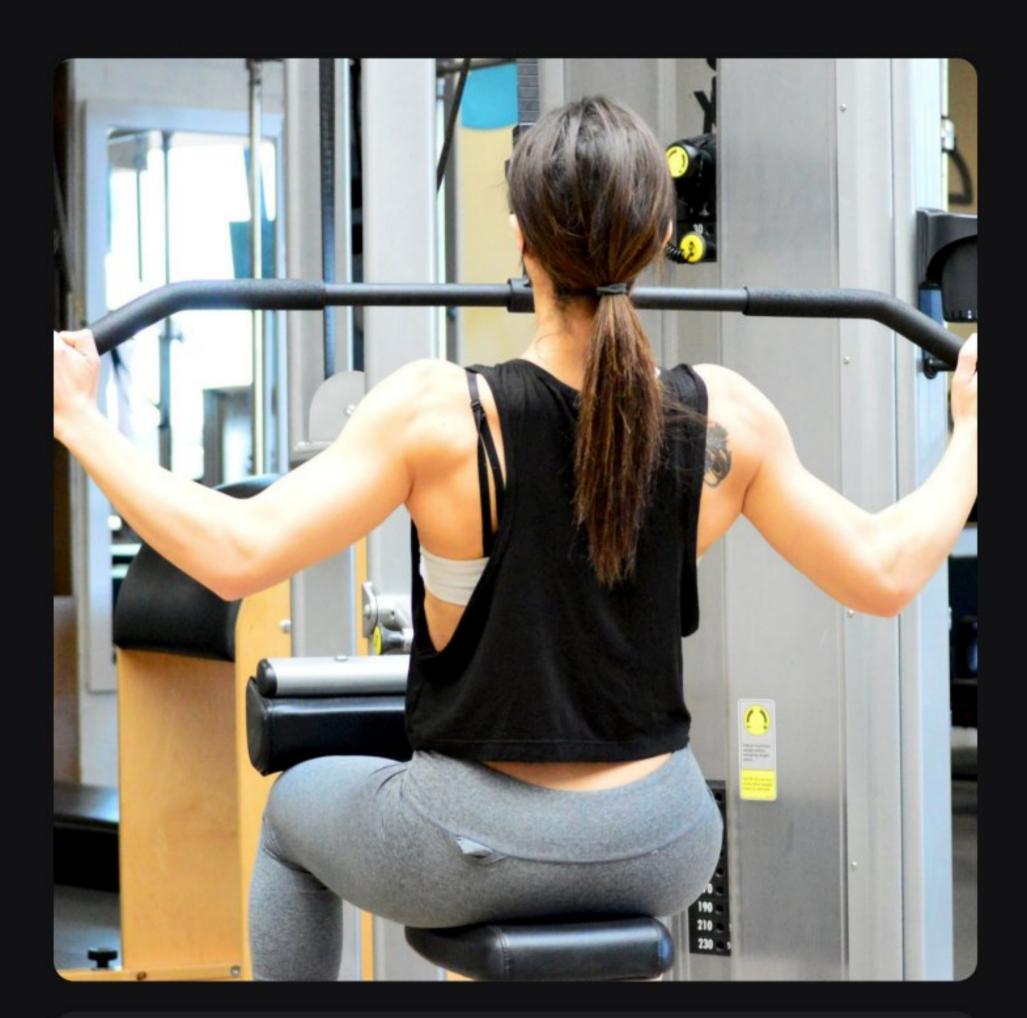






Let pull down







Mark as Done







Exercise History

26.02.24

Back

Let pull down

08:56

Back

Unilateral row

08:32

27.02.24

Back

Let pull down

08:50





