

9:41



Itachi Gym

Train your Mind and Body

Access your account

E-mail

Password

Access

Still don't have access?

Create an account

9:41



Itachi Gym

Train your Mind and Body

Create your account

Nome

E-mail

Password

Confirme Pawword

Create and access

Back to login

9:41



Olá,
Dhruv Prajapati



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



9:41



Let pull down

 Back



 3 Set

 12 reps

Mark as Done



9:41



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

