



KRI55H Workout

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Krish

Siddhapura

received

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Circuit

Cardio

Muscle



Mr Muscles with test3

Mr Muscles Mr Muscles

Tempo

1

2

1

2

muscle exercise

Set Weight Repetitions Mode

1	120.0 Lbs	20	rep
2	120.0 Lbs	20	rep
3	120.0 Lbs	20	rep
4	120.0 Lbs	20	rep



Mr Muscles with test3

Mr Muscles Mr Muscles

Tempo

- 2
- 4
- 2
- 4

muscle exercise

Set Weight Repetitions Mode

1	200.0 Lbs	8	rep
2	200.0 Lbs	8	rep
3	200.0 Lbs	8	rep
4	200.0 Lbs	8	rep



Mr Muscles with test3

Mr Muscles Mr Muscles

Tempo

- 1
- 2
- 3
- 4

muscle exercise

Set Weight Repetitions Mode

1	250.0 Lbs	10	rep
2	250.0 Lbs	10	rep

Set	Weight	Repetitions	Mode
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3	250.0 Lbs	10	rep
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4	250.0 Lbs	10	rep
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