



Hunter RollinsCreated by : Krish Siddhapura
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LOL this is note

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Exercise

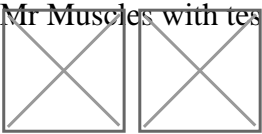
Base Prescription

Day 1 :

Day 2 :

Day 3 :

Mr Muscles with test3



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						