

Circuit Workout

Powered by



Lorem Ipsum is simply dummy text of the printing and typesetting industry.



Krish

Siddhapura

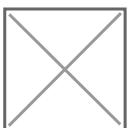
received

Feb 20, 2025

Circuit

Cardio

Muscle



Mr Muscles with test3

Lorem Ipsum is simply dummy text of the printing and typesetting industry.

Mr Muscles Mr Muscles

Tempo

2

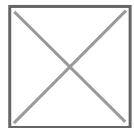
1

2

muscle exercise

Set Weight Repetitions Mode

- | | | |
|----------|-------------|-----|
| 1 | 20.0 Lbs 10 | rep |
| 2 | 20.0 Lbs 10 | rep |
| 3 | 20.0 Lbs 10 | rep |
| 4 | 20.0 Lbs 10 | rep |



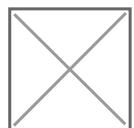
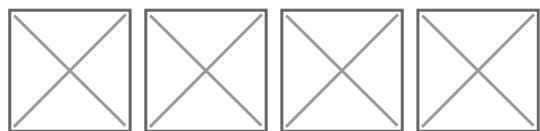
300 sec rest before next exercise

Circuit # 1

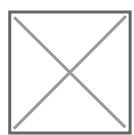
5

rounds

5 X



1/4



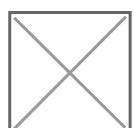
Bicep curl with test3

Bicep curl Bicep curl

muscle exercise

Set Weight Repetitions Mode

- | | | |
|----------|------------|-----|
| 1 | 15.0 Lbs 8 | rep |
|----------|------------|-----|



2/4



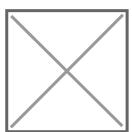
Seated Supinated Row with test3

[Seated Supinated Row](#) [Seated Supinated Row](#)

muscle exercise

Set Weight Repetitions Mode

1 15.0 Lbs 8 rep



3/4



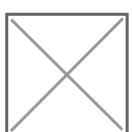
Preacher Curl with test3

[Preacher Curl](#) [Preacher Curl](#)

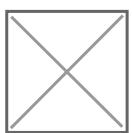
muscle exercise

Set Weight Repetitions Mode

1 15.0 Lbs 8 rep



4/4



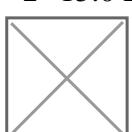
Chin-Up with test3

[Chin-Up](#) [Chin-Up](#)

muscle exercise

Set Weight Repetitions Mode

1 15.0 Lbs 8 rep



300 sec rest before next rounds

