

Circuit Workout

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Krish

Siddhapura

received

Feb 20, 2025

Circuit

Cardio

Muscle



Mr Muscles with test3

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[Mr Muscles Mr Muscles](#)

Tempo

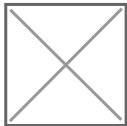
2

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



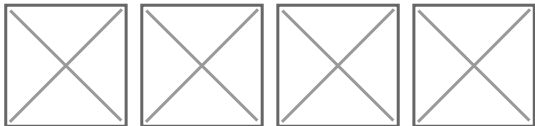
300 sec rest before next exercise

Circuit # 1

5

rounds

5 X



1/4

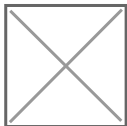


Bicep curl with test3

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

