



Hunter Rollins
Created by : Krish Siddhapura
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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