



Hunter Rollins
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Exercise

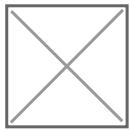
Base Prescription

Day 1 :

Day 2 :

Day 3 :

Elbow Plank with test3



Set Wgt (kg) Repetitions Wgt (kg) Repetitions Wgt (kg) Repetitions Wgt (kg) Repetitions Wgt (kg) Repetitions

1 150.0 8