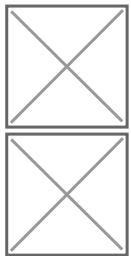


KRI55H Workout

Powered by



Krish

Siddhapura

received

Feb 19, 2025

Circuit

Cardio

Muscle



Mr Muscles with test3

Mr Muscles Mr Muscles

Tempo

1

2

1

2

muscle exercise

Set Weight Repetitions Mode

1	120.0 Lbs 20	rep
2	120.0 Lbs 20	rep
3	120.0 Lbs 20	rep
4	120.0 Lbs 20	rep

**Mr Muscles with test3****Mr Muscles Mr Muscles**

Tempo

2

4

2

4

muscle exercise

Set Weight Repetitions Mode

1	200.0 Lbs 8	rep
2	200.0 Lbs 8	rep
3	200.0 Lbs 8	rep
4	200.0 Lbs 8	rep

**Mr Muscles with test3****Mr Muscles Mr Muscles**

Tempo

1

2

3

4

muscle exercise

Set Weight Repetitions Mode

1	250.0 Lbs 10	rep
2	250.0 Lbs 10	rep

Set Weight Repetitions Mode

3 250.0 Lbs 10 rep

4 250.0 Lbs 10 rep