



KRI55H WorkoutCreated by : Krish Siddhapura  
profile image

Powered by



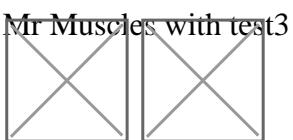
## Exercise

Base Prescription

Day 1 :

Day 2 :

Day 3 :



Tempo

1

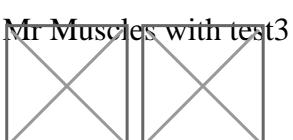
2

1

2

**Set Wgt (lbs) Repetitions Wgt (lbs) Repetitions Wgt (lbs) Repetitions Wgt (lbs) Repetitions**

|   |       |    |
|---|-------|----|
| 1 | 120.0 | 20 |
| 2 | 120.0 | 20 |
| 3 | 120.0 | 20 |
| 4 | 120.0 | 20 |



Tempo

2

4

2

4

**Set Wgt (lbs) Repetitions Wgt (lbs) Repetitions Wgt (lbs) Repetitions Wgt (lbs) Repetitions**

1 200.0 8

2 200.0 8

3 200.0 8

4 200.0 8

Mr Muscles with test3



Tempo

1

2

3

4

**Set Wgt (lbs) Repetitions Wgt (lbs) Repetitions Wgt (lbs) Repetitions Wgt (lbs) Repetitions**

1 250.0 10

2 250.0 10

3 250.0 10

4 250.0 10