



KRI55H WorkoutCreated by : Krish Siddhapura  
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Exercise

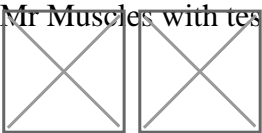
Base Prescription

Day 1 :

Day 2 :

Day 3 :

Mr Muscles with test3



Tempo

1

2

1

2

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

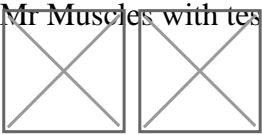
1 120.0 20

2 120.0 20

3 120.0 20

4 120.0 20

Mr Muscles with test3



Tempo

2

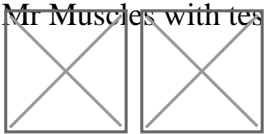
4

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						