Circuit WorkoutCreated by : Krish Siddhapura
profile image

Lorem Ipsum is simply dummy text of the printing and typesetting industry.

Powered by

Exercise

Base Prescription

Day 1 :

Day 2 :

Day 3 :

Mr Muscles with test3

Tempo

1

2

1

2
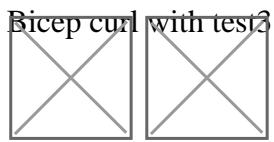
Lorem Ipsum is simply dummy text of the printing and typesetting industry.
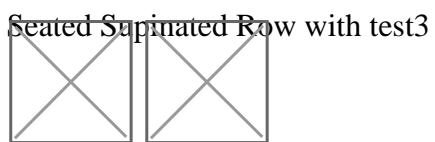
Set	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions
1	20.0	10						
2	20.0	10						
3	20.0	10						
4	20.0	10						

300 sec rest before next exercise

Circuit 5 Rounds

Bicep curl with test3

Set	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions
1	15.0	8						

Seated Supinated Row with test3

Set	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions
1	15.0	8						

Preacher Curl with test3

Set	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions
1	15.0	8						

Chin-Up with test3

Set	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions
1	15.0	8						

Rest between rounds: 300 sec