



Mr MuscleCreated by : Krish Siddhapura  
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Exercise

Base Prescription

Day 1 :

Day 2 :

Day 3 :

Mr Muscles with test3



Tempo

1

4

1

4

qwertyuipkljhgfdsaxcvbnm

Set	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions
1	50.0	50						
2	50.0	50						
3	50.0	50						
4	50.0	50						