



Mr MuscleCreated by : Krish Siddhapura
profile image

Powered by



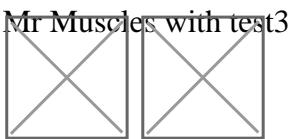
Exercise

Base Prescription

Day 1 :

Day 2 :

Day 3 :



Tempo

1

4

1

4

qwertyuioplkjhgfdsaxcvbnm

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			