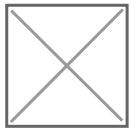




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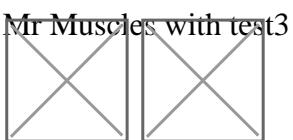
Exercise

Base Prescription

Day 1 :

Day 2 :

Day 3 :



Tempo

1

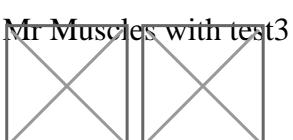
2

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