



Hunter RollinsCreated by : Krish Siddhapura
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Exercise

Base Prescription

Day 1 :

Day 2 :

Day 3 :

Elbow Plank with test3



Set	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions
1	150.0	8						