



FitTrack

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Hello Arjun

Pune, MH



Sun

30

Mon

1

Tue

2

Wed

3

Thu

4



Tuesday

Today's
Workout

Bicep Workout

7 Exercise



Chest Workout

Day 3 50 min

7 Exercise



Tricep Workout

Day 4 50 min

7 Exercise



Back Workout

Day 5 50 min

7 Exercise



Schedule



Workout



Meal



Profile