

# Workout Report

Gia Witting DDS

Publicado el 11/09/2024

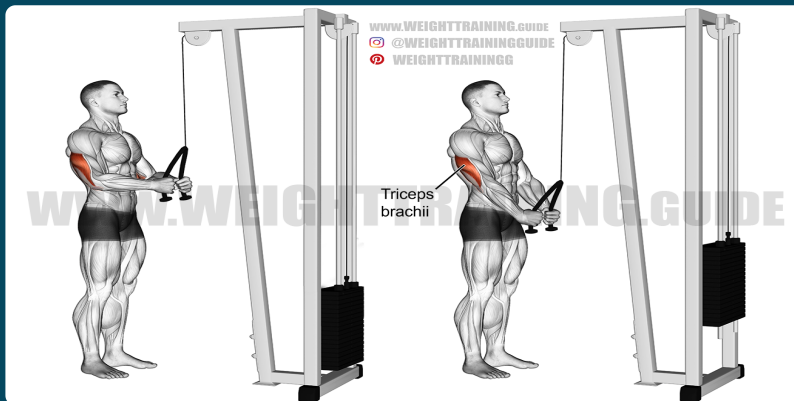
## Accusantium in ut voluptas.

Soluta ut nulla non laboriosam ratione. Ut sit libero tempore quaerat quis vitae quis. Aut sit nihil est neque enim nostrum illo.

## Ejercicios

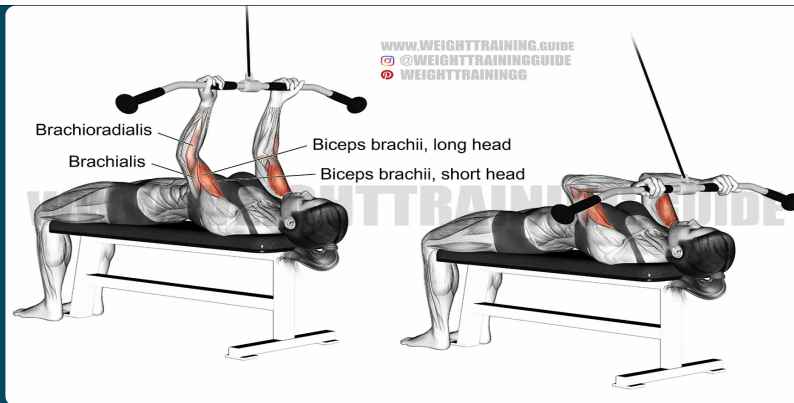
### Cable Tricep Pushdown

Series: 5 | Repeticiones: 12



### Cable Bicep Curl

Series: 4 | Repeticiones: 14



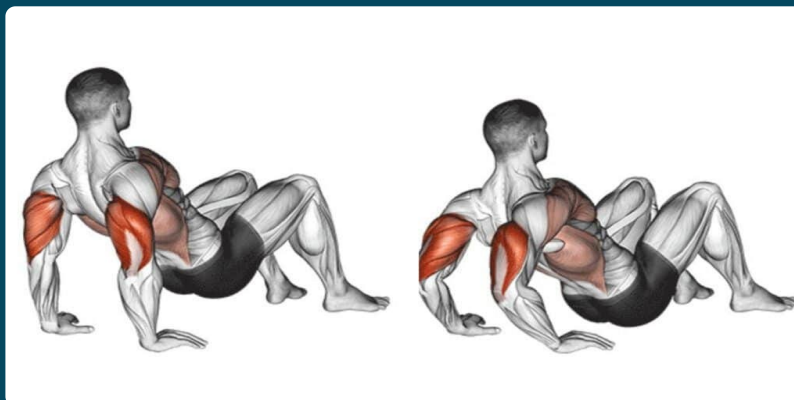
## Bicep Curl

Series: 3 | Repeticiones: 12



## Tricep Dips

Series: 4 | Repeticiones: 14



## Sumo Squat

Series: 3 | Repeticiones: 9

