

Workout Report

Dr. Sigrid Marks

Publicado el 14/02/2025

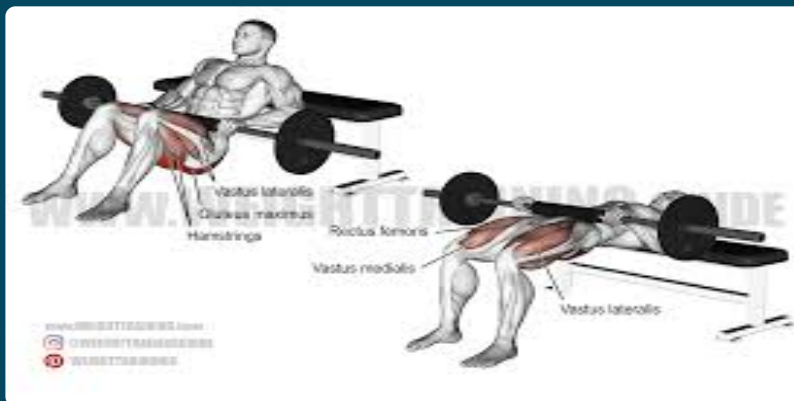
Aut id accusamus excepturi.

Ut non non sit nemo quasi. Et velit animi officia recusandae fugit soluta blanditiis quod. Culpa et provident nemo ex quia. Nulla officiis error odio eligendi vel.

Ejercicios

Hip Thrust

Series: 3 | Repeticiones: 10



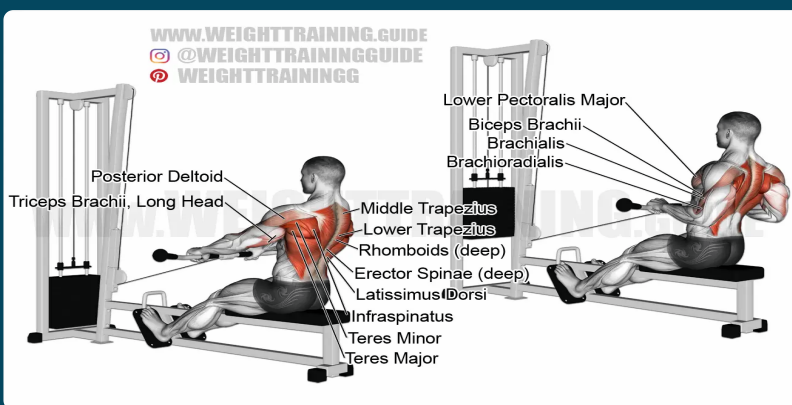
Push-up

Series: 4 | Repeticiones: 13



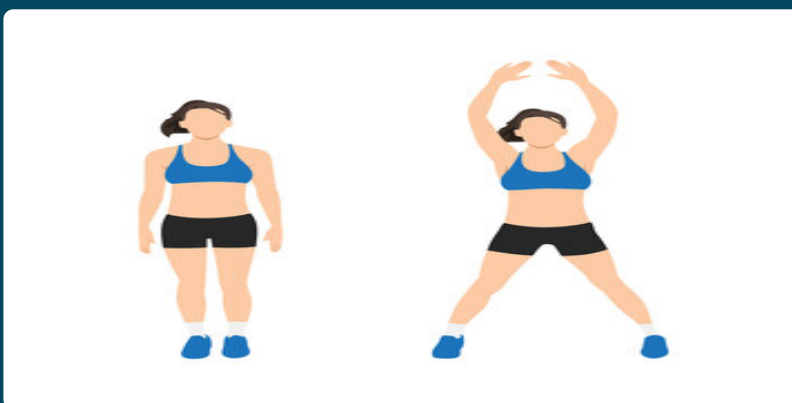
Seated Row

Series: 4 | Repeticiones: 11



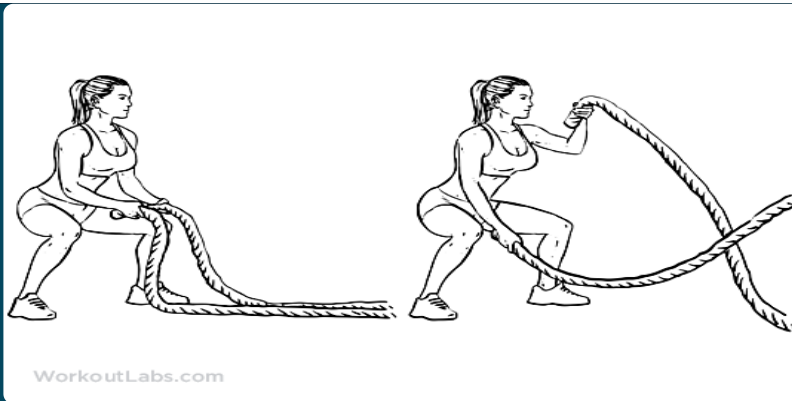
Jumping Jacks

Series: 4 | Repeticiones: 13



Battle Rope Waves

Series: 4 | Repeticiones: 13



Cable Chest Press

Series: 5 | Repeticiones: 13

