

# Workout Report

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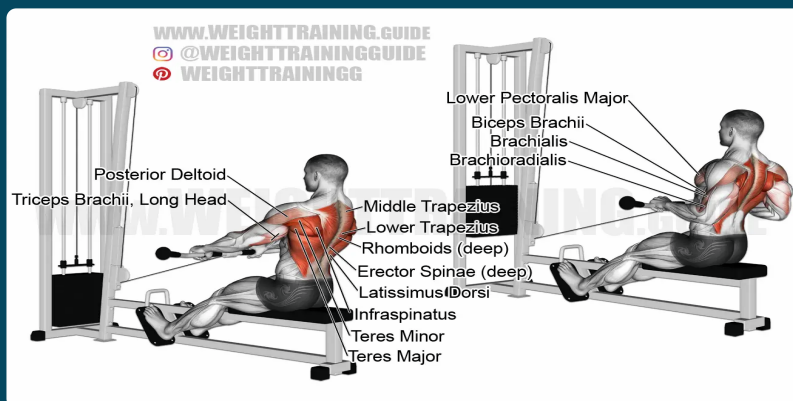
## Repellat rerum quia.

Sint molestias veniam magni ut quidem asperiores est. Ipsam natus autem enim beatae. Quibusdam voluptatem unde vel omnis. Ut autem facilis ut minus laborum ut voluptas est.

## Ejercicios

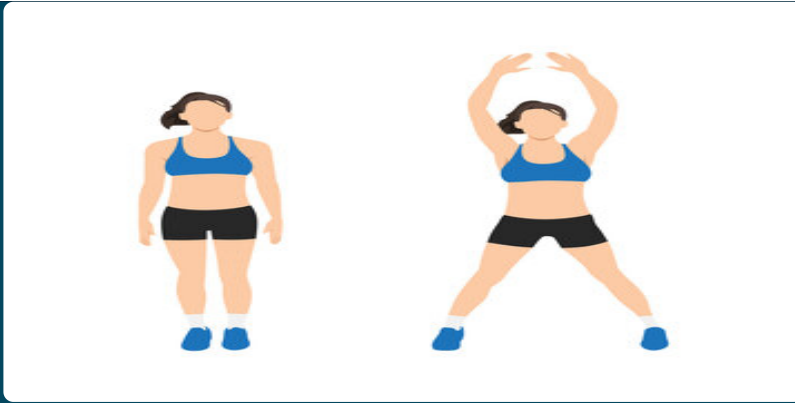
### Seated Row

Series: 3 | Repeticiones: 11



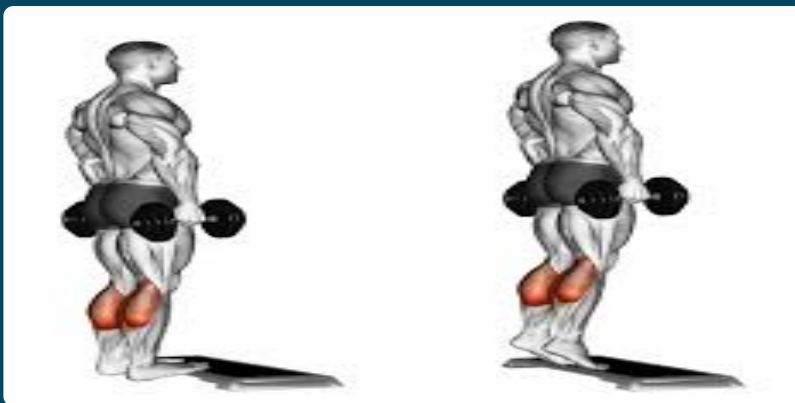
### Jumping Jacks

Series: 4 | Repeticiones: 13



## Calf Raise

Series: 3 | Repeticiones: 8



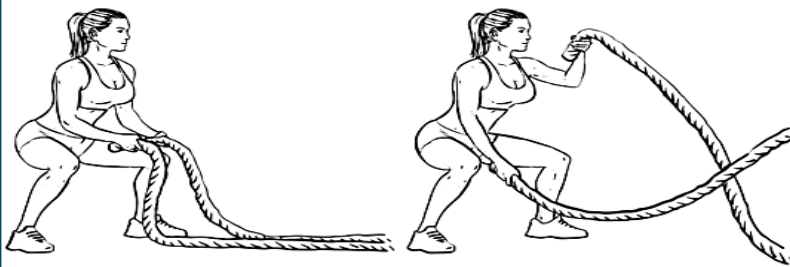
## Lunges

Series: 5 | Repeticiones: 14



## Battle Rope Waves

Series: 4 | Repeticiones: 8



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