

# Workout Report

Gia Witting DDS

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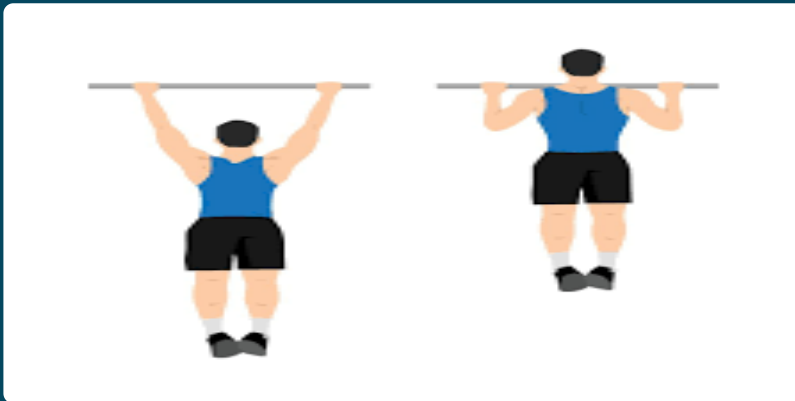
## Voluptas id dignissimos perferendis.

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### Ejercicios

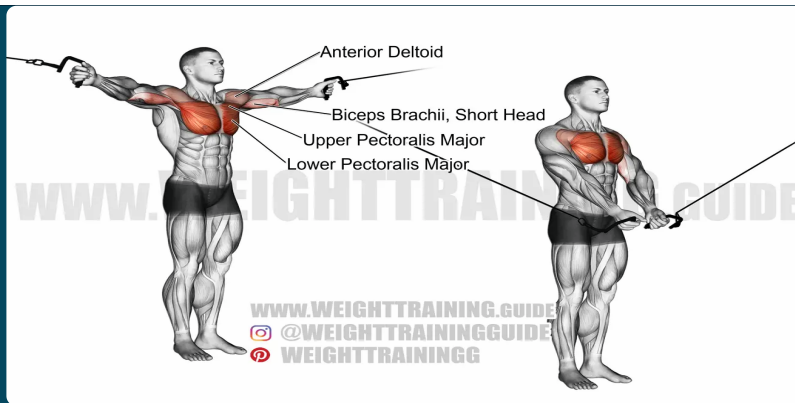
#### Pull-up

Series: 5 | Repeticiones: 13



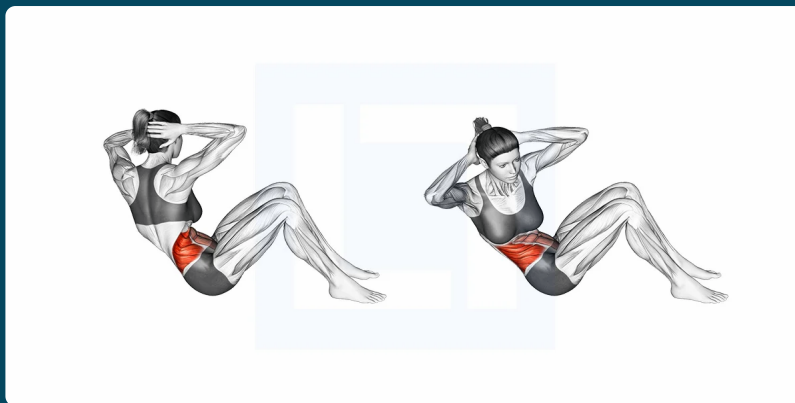
#### Chest Fly

Series: 4 | Repeticiones: 15



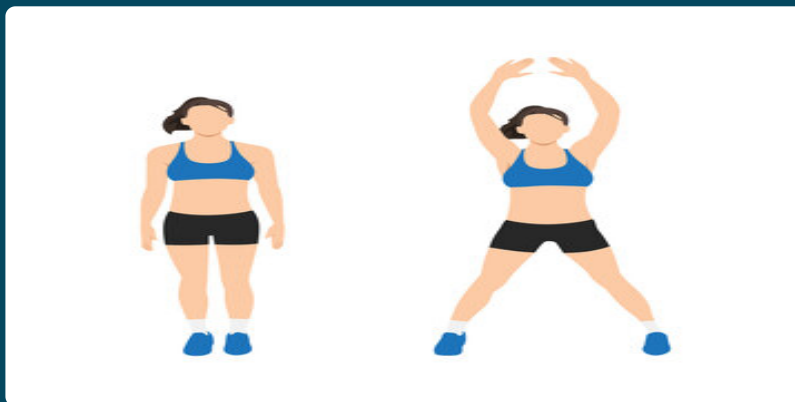
## Russian Twists

Series: 5 | Repeticiones: 13



## Jumping Jacks

Series: 4 | Repeticiones: 12



## Clean and Press

Series: 5 | Repeticiones: 15

