

Workout Report

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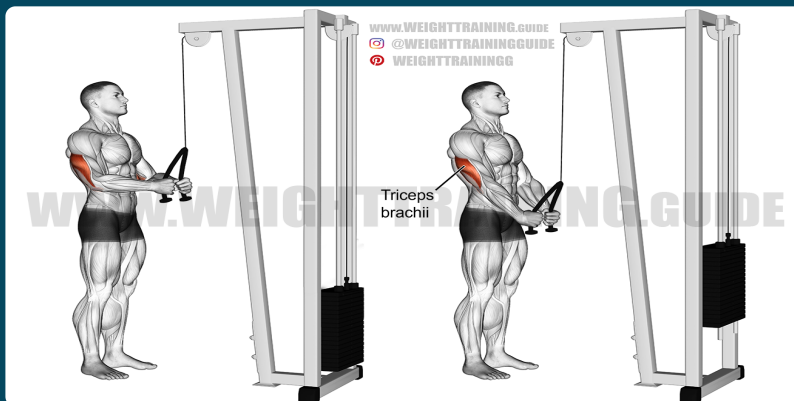
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Ejercicios

Cable Tricep Pushdown

Series: 4 | Repeticiones: 15



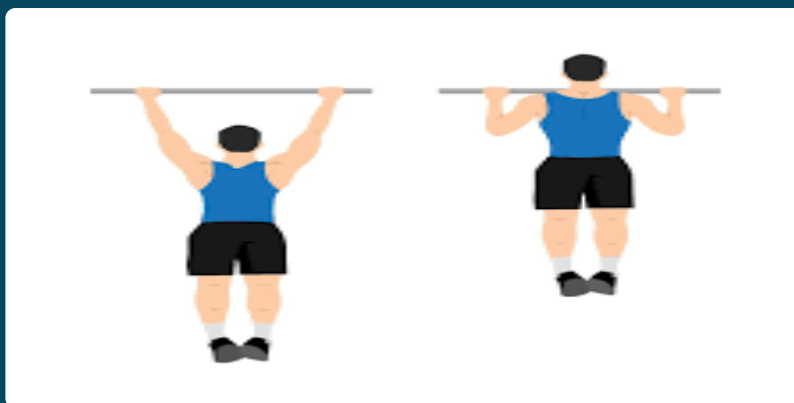
Leg Extension

Series: 3 | Repeticiones: 9



Pull-up

Series: 5 | Repeticiones: 13



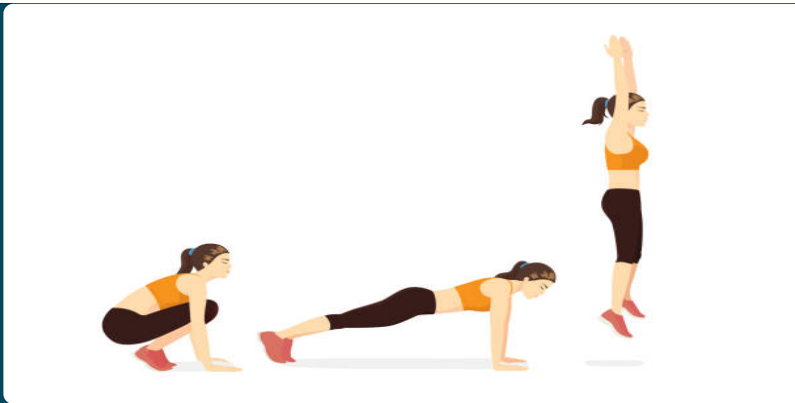
Plyometric Push-up

Series: 3 | Repeticiones: 8



Burpees

Series: 5 | Repeticiones: 8



Glute Bridge

Series: 4 | Repeticiones: 12

