

Workout Report

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Publicado el 29/01/2025

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Ejercicios

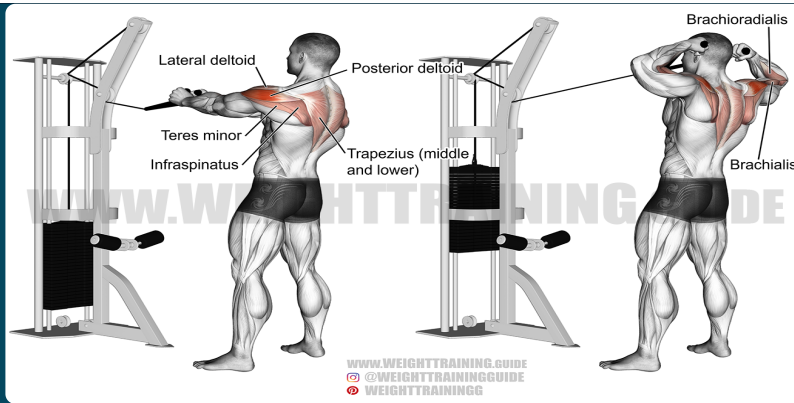
Shoulder Press

Series: 3 | Repeticiones: 8



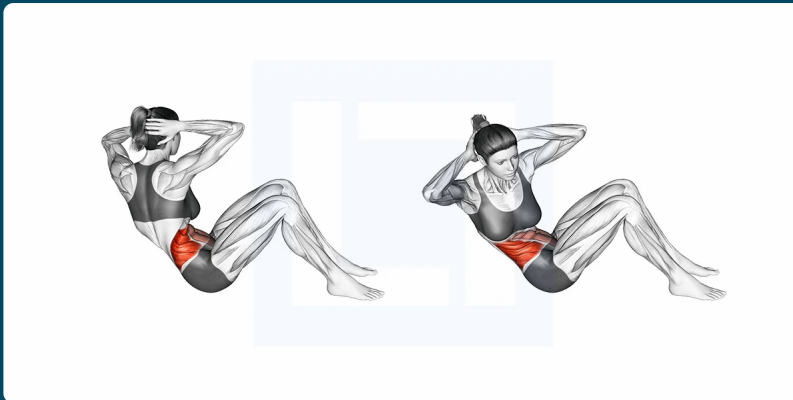
Face Pull

Series: 4 | Repeticiones: 15



Russian Twists

Series: 4 | Repeticiones: 12



Plank

Series: 3 | Repeticiones: 9

