

Workout Report

Willis Balistreri IV

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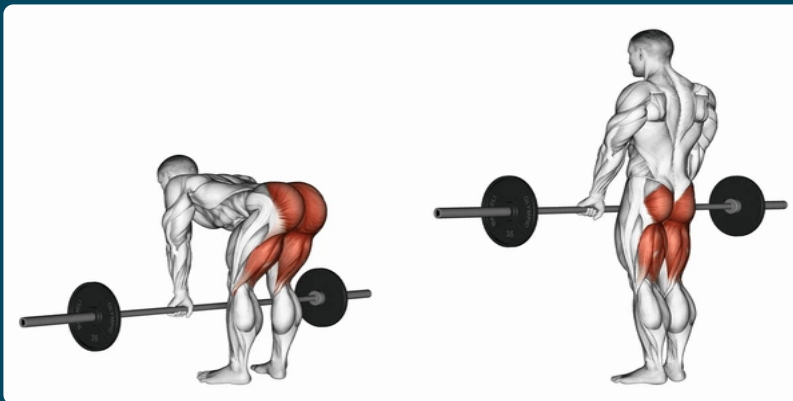
Quo sequi sint.

Voluptas beatae quo cupiditate ducimus corrupti. Voluptatibus eius nobis amet ut eaque rerum voluptatibus quia. Et deserunt earum placeat delectus modi pariatur. Molestiae eos quod vero voluptatem totam molestiae esse. Et aut fugit illum aut ducimus.

Ejercicios

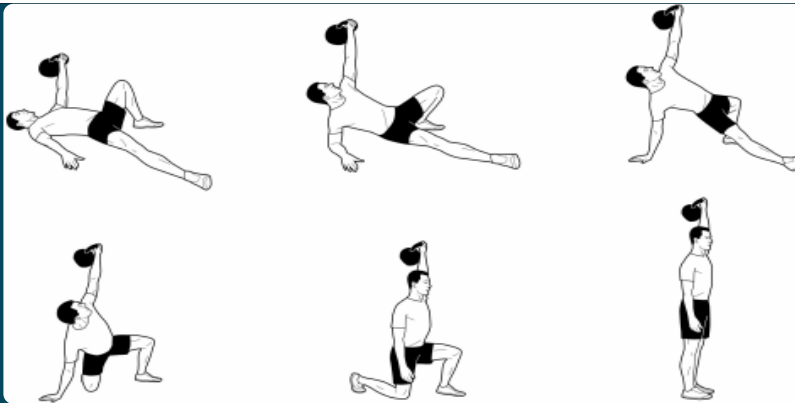
Deadlift

Series: 3 | Repeticiones: 10



Turkish Get-up

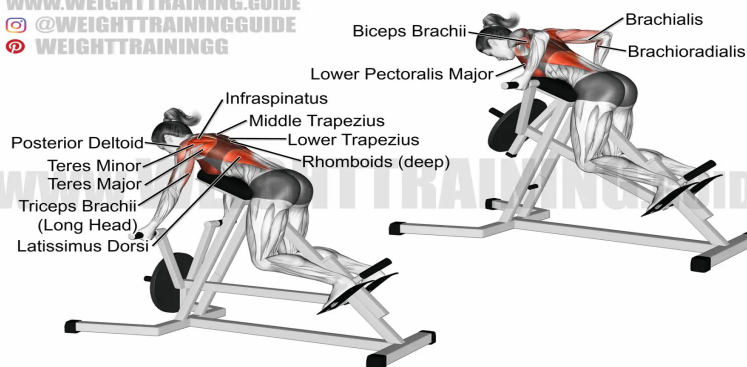
Series: 5 | Repeticiones: 14



T-Bar Row

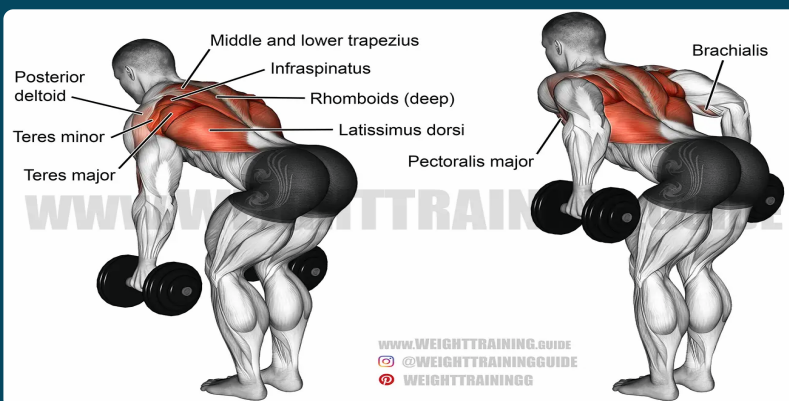
Series: 3 | Repeticiones: 12

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Dumbbell Row

Series: 3 | Repeticiones: 10



Sumo Squat

Series: 4 | Repeticiones: 12



Chest Fly

Series: 5 | Repeticiones: 12

