

Workout N... **Bench Press**

Sets Needed

3

Reps needed for each Set

12

Set 1	Reps:	3
	Weight:	140 lbs
Set 2	Reps:	3
	Weight:	140 lbs
Set 3	Reps:	3
	Weight:	140 lbs



Dashboard



Workouts



Start



Exercises



More