

Exercise set for: nisia

Exercise: Barbell Squats, Series: 2, Repetitions: 12

Exercise: Standing Calf Raises, Series: 2, Repetitions: 12

Exercise: Push-ups, Series: 2, Repetitions: 14

Exercise: Bench Press, Series: 2, Repetitions: 12

Exercise: Deadlift, Series: 2, Repetitions: 12

Exercise: Pull-ups, Series: 2, Repetitions: 11

Exercise: Standing Dumbbell Press, Series: 2, Repetitions: 12

Exercise: Dumbbell Bicep Curls, Series: 2, Repetitions: 12