



VIEW PLAN

Quads, Chest, Back, Abs and Lower Back

100% 100% 100% 100% 100%

ADD AN EXERCISE

Back Squat
3 SETS • 4 REPS • 10 LB

Barbell Bench Press
4 SETS • 10 REPS • 10 LB

Dumbbell Row
4 SETS • 10 REPS • 10 LB

Burpee
4 SETS • 10 REPS • 10 LB

VIEW PLAN

Method Recovery Log

3
HANS SWISS TRIM
LAST WORKOUT

6
PINK MUSCLE
GROUPS

An anatomical diagram of a human body with muscles highlighted in pink. The highlighted muscles include the pectorals, deltoids, triceps, latissimus dorsi, trapezius, and rectus abdominis. The diagram is set against a black background with a white outline of the body.

Best Way To Home Workout Online For Creators

S Ben Porath



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