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🕒 Exercise	# Reps	# Kg	# Duration	# Wts
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Padel	1		120	
Hiptrust ...	12			
Glutes M...	8	20		
Row Dumb...	10	20		
Biceps Curl	10	12.5		
Triceps D...	14	6		
Padel	1		120	
Saber	10	2.5		
Back Ente...	12			
Neck	12	2.5		
Stable Sh...	12			
Alt Back	8			
Shrug Bar	8	50		
Facepull	12	12.5		
Bench Inc...	8	14		
Reverse F...	8	2		
Padel	1		120	

Strength

- TypeStrength
- Sub-TypeLegsArmsBack
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- # Duration (min)50
- # Total Reps230
- Date08/10/2023
- Periods - Block🕒 Hypertrophy & Cardio
- FeelEmpty
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✔️	Hiptrust Band		12	3	36
✔️	Glutes Media...	20	8	3	24
✔️	Row Dumbell	20	10	5	50
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✔️	Triceps Dumb...	6	14	5	70

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Léo Pomar

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