



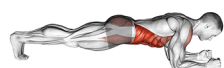


DECEMBER 9, 2022 / UNCATEGORIZED

BODYWEIGHT WORKOUT PLAN / DAY 2

DAY 2	SETS-REPS	EXERCISES	TARGET
Arm Circle	3 x 15		Warm-up
Pull-up	2 x max		Complete Back Arms
Table Inverted Row	3 x 10		Lats Traps Posterior Delt
Leg Concentration Curl	3 x 10		Biceps
Plank	3 x 20 sec		Core