

Workout #61

Workout on Wednesday, June 18, 2025

Generated on stgym.club

Warmup 2x

Warm up leg raise 40x

Warm up plank 30s

Jumping jack 100x

Arms 2x

Concentration Curls 12x

Preacher Curls 12x

Tricep Pushdowns 12x

Back 3x

Deadlift 12x

T-Bar Rows 12x

TRX pull up 20x

Cash out 1x

Burpee

30x