

Only work, no workout 🥲

Workout on Tuesday, November 22, 2022

Generated on stgym.club

Warmup 3x

🏃 Rounds of jogging 4m

Arm & Shoulders 3x

Pull up 10x

Pull up (at angle) 20x

Belli 3x

Sit up 16x

Leg raise 10x

Pushups 1x

Push up 20x

Push up 16x

Push up 14x