

Testpeople Workshop's Workshop Menu

prepared On 18 Mar 2017

| # | Sets | Reps | Duration | ECise |
|---|------|------|----------|-----------------------------|
| 1 | 1 | 25 | NA | Standing Arm Circles |
| 2 | 1 | 25 | NA | Standing Elbow Curls |
| 3 | 1 | 1 | 01:00 | Standing Overhead Extension |

Instructions

PostureNote