Chart, pie chart

Description automatically generated

|  |  |  |  |
| --- | --- | --- | --- |
| # | Name of Exercise | Reps | Description |
| 1 |  |  |  |
| 2 |  |  |  |
| 3 |  |  |  |
| 4 |  |  |  |
| 5 |  |  |  |
| 6 |  |  |  |