



TAILORED
PRECISION
NUTRITION

Resistance Program For Steven Spencer

MONDAY - SESSION

EXERCISE	SETS	EDIT	REMOVE

1. Select Body Part :

Biceps

2. Select Exercise

Seated Alternate dumbbell curl

3. Select # of Sets

3

Select the number of repetitions per set:

Set 1

x6 reps

Set 2

x6 reps

Set 3

x6 reps

[Add Another Exercise](#) [Done Adding Exercises](#)