



Exercise	Base Prescription	Day 1:	Day 2:	Day 3:
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Bicep exercise

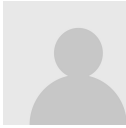


Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						
Rest		15						
2	0.0	8						



30 sec rest before next exercise

Tricep exe



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						
Rest		15						
2	0.0	8						



30 sec rest before next exercise

Military Exercise



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						