



Exercise	Base Prescription			y 1: Day 2		Day 2:	2: Day 3:			
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							
U) Tricen exe			30 sec	rest befor	e next exerc	ISE				
Tricep exe										
8	Set	Wgt (Ibs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (Ibs)	Repetitions	Wgt (lbs)	Repetitions	
	1	0.0	8							
	Rest	0.0	15	_						
	2	0.0	8							
(1)	30 sec rest before next exercise									
Military Exercise										
	Set Wgt (lbs) Repetitions		petitions V	Vgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	
	1 0	.0	8							