



Exercise	Base Prescriptior		escription	Day 1:		Day 2:		Day 3:	
Bicep exercise									
	Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
	1	0.0	8						
	2	0.0	8						
Marcos commando	2	0.0	8						
Marcos commando			1	Wat (lbs)	Renetitions	Wat (lbs)	Repetitions	Wat (lbs)	Repetitions
Marcos commando	2 Set	0.0 Wgt (lbs) 0.0	8 Repetitions 8	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions

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