

## Exercise

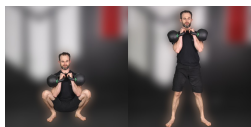
## Base Prescription

## Day 1:

## Day 2:

## Day 3:

### Squat with KettleBell



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	12						
Rest		20						
2	0.0	12						
Rest		20						
3	0.0	12						
Rest		20						
4	0.0	12						

### Alternated Lunges



Each leg!

Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	12						
Rest		20						
2	0.0	12						
Rest		20						
3	0.0	12						
Rest		20						
4	0.0	12						

### Hip Thrust with Bench



Put light weight.

Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	20						
Rest		20						
2	0.0	20						
Rest		20						
3	0.0	20						
Rest		20						
4	0.0	20						

### Romanian Deadlift with Barbell



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	12						
Rest		20						
2	0.0	12						
Rest		20						
3	0.0	12						
Rest		20						
4	0.0	12						

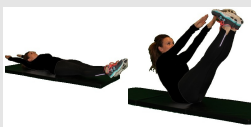
### Seated Chest Press Machine



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

### Circuit 3 Rounds

#### V-Up



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	20						

#### Oblique Crunch



Each side

Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	15						

Rest between rounds: 60 sec