



Exercise

Base Prescription Day 1:

Day 2:

Day 3:



Mith Cable Machine 1 110.0 12 Image: Constraint of the state of the st	Tricep pushdown (t-bar) with Cable Machine	Set	Wgt (lbs)	Repetitions						
$\begin{array}{c c c c c c c c c c c c c c c c c c c $	with Cable Machine	1	110.0	12						
Rest 30 Image: Constraint of the second sec		Rest	30							
3 110.0 12 Image: Constraint of the second seco		2	110.0	12						
Rest 30		Rest		30						
	Fail Fail	3	110.0	12						
4 110.0 12		Rest	30							
		4	110.0	12						



lown	Set	Wgt (lbs)	Repetitions						
าย	1	90.0	12						
	Rest	30							
	2	90.0	12						
	Rest		30						
	3	90.0	12						
	Rest		30						
	4	90.0	12						

Standing supinated	
tricep cable extension	



ated tension	Set	Wgt (lbs)	Repetitions						
tension	1	55.0	10						
	Rest	30					-		
	2	55.0	10						
	Rest		30				-		
	3	55.0	10						
	Rest		30				-		
	4	55.0	10						