



22nd May workout

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This is 22nd workout

Base Prescription

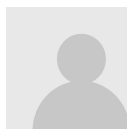
Day 1:

Day 2:

Exercise

Day 3:

Marcos exercise

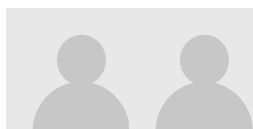


Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	14						
Rest	20							
2	0.0	10						



20 sec rest before next exercise

Commwndo exercise

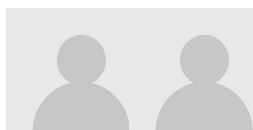


Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	14						
Rest	20							
2	0.0	10						



20 sec rest before next exercise

New exercise

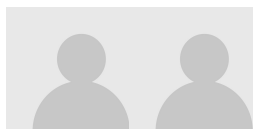


Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	14						
Rest	20							
2	0.0	10						



20 sec rest before next exercise

Spider Plank

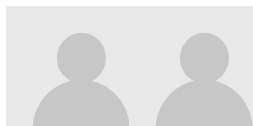


Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	14						
Rest	20							
2	0.0	10						



20 sec rest before next exercise

Tricep Dip (level 1)



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	14						
Rest	20							
2	0.0	10						