



This is 22nd workout

Base Prescription

Day 1:

Day 2:

**Exercise**

Day 3:

## Marcos exercise

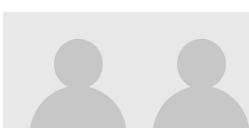


Set	Wgt (lbs)	Repetitions						
1	0.0	14						
Rest		20						
2	0.0	10						



20 sec rest before next exercise

## Commwndo exercise



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



20 sec rest before next exercise

## New exercise



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



20 sec rest before next exercise

## Spider Plank

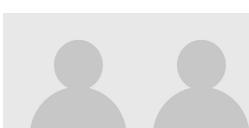


Set	Wgt (lbs)	Repetitions						
1	0.0	14						
Rest		20						
2	0.0	10						



20 sec rest before next exercise

## Tricep Dip (level 1)



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