



# 23rd May Workout

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Base Prescription

Day 1:

Day 2:

**Exercise**

Day 3:

NSG



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

Chin-Up



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

20 sec rest before next exercise

Suspended Leg Raise



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

20 sec rest before next exercise

Bicep muscles exercise



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