



Base Prescription

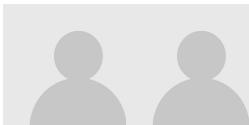
Day 1:

Day 2:

Exercise

Day 3:

New exercise



Set	Wgt (lbs)	Repetitions						
1	0.0	8						

Special exercise



Set	Wgt (lbs)	Repetitions						
1	0.0	8						

Tricep Exercise



Set	Wgt (lbs)	Repetitions						
1	0.0	8						