

24th Workout

Created by : Tejas Guhane

Powered by



Base Prescription

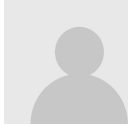
Day 1:

Day 2:

Exercise

Day 3:

NSG



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	15						
Rest	10							
2	0.0	15						



20 sec rest before next exercise

Tiger

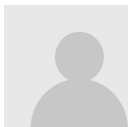


Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	15						
Rest	10							
2	0.0	15						



20 sec rest before next exercise

Bicep muscles
exercise

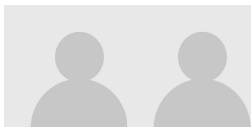


Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	15						
Rest	10							
2	0.0	15						



20 sec rest before next exercise

Chin-Up



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