



24th Workout *Created by : Tejas Guhane*

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Base Prescription

Day 1:

Day 2:

Exercise

Day 3:

NSG



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



20 sec rest before next exercise

Tiger



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



20 sec rest before next exercise

Bicep muscles exercise

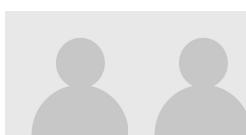


Set	Wgt (lbs)	Repetitions						
1	0.0	15						
Rest		10						
2	0.0	15						



20 sec rest before next exercise

Chin-Up



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