



Base Prescription

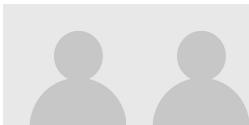
Day 1:

Day 2:

**Exercise**

Day 3:

## Commwndo exercise



Set	Wgt (kg)	Repetitions						
1	5.0	8						
Rest		10						
2	10.0	8						



20 sec rest before next exercise

## Marcos exercise



Set	Wgt (kg)	Repetitions						
1	10.0	8						
Rest		20						
2	10.0	8						



20 sec rest before next exercise

## Special exercise



Set	Wgt (kg)	Repetitions						
1	15.0	8						
Rest		20						
2	15.0	8						