



Base Prescription

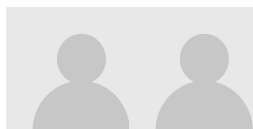
Day 1:

Day 2:

Exercise

Day 3:

## Commwndo exercise

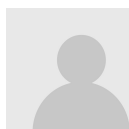


Set	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions
1	5.0	8						
Rest	10							
2	10.0	8						



20 sec rest before next exercise

## Marcos exercise

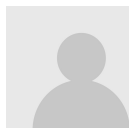


Set	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions
1	10.0	8						
Rest	20							
2	10.0	8						



20 sec rest before next exercise

## Special exercise



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