

27th workout

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Base Prescription

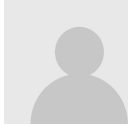
Day 1:

Day 2:

Exercise

Day 3:

Commando



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	10.0	8						
Rest	20							
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

Military exercise



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