

Base Prescription

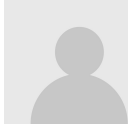
Day 1:

Day 2:

Exercise

Day 3:

Pushup exercise

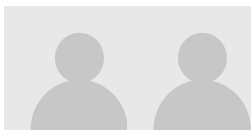


Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	10						
Rest	20							
2	0.0	8						



20 sec rest before next exercise

Inclined Push-Up



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	10						
Rest	20							
2	0.0	8						



20 sec rest before next exercise

Push-Up



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	10						
Rest	20							
2	0.0	8						



20 sec rest before next exercise

Wide Stance Push-Up

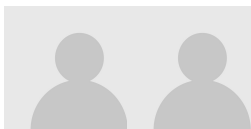


Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	10						
Rest	20							
2	0.0	8						



20 sec rest before next exercise

Diamond Push-Up

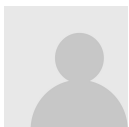


Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	10						
Rest	20							
2	0.0	8						



20 sec rest before next exercise

Pullup exercise



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	10						
Rest	20							
2	0.0	8						



20 sec rest before next exercise

Pull-up (medium grip)



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	15						
Rest	20							
2	0.0	10						



20 sec rest before next exercise

Pull-up (large grip)



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	15						
Rest	20							
2	0.0	10						



20 sec rest before next exercise

One Arm Chin-Up



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	15						
Rest	20							
2	0.0	10						