



Base Prescription

Day 1:

Day 2:

**Exercise**

Day 3:

NSG

Set	Wgt (lbs)	Repetitions						
1	0.0	8						

Bicep muscles  
exercise

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



20 sec rest before next exercise

Crunch Up

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