



# 28th Workout

Created by : Samsung A13

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Base Prescription

Day 1:

Day 2:

## Exercise

Day 3:

Bicep exercise



Set	Wgt (lbs)	Repetitions						
1	0.0	15						



20 sec rest before next exercise

A13 exercise



Set	Wgt (lbs)	Repetitions						
1	0.0	20						



20 sec rest before next exercise

Box Jump



Set	Wgt (lbs)	Repetitions						
1	0.0	15						



10 sec rest before next exercise

V-Up Crunch



Set	Wgt (lbs)	Repetitions						
1	0.0	15						