



# 28th workout

Created by : Jeel Trainer

Powered by



Base Prescription

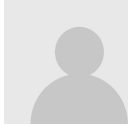
Day 1:

Day 2:

Exercise

Day 3:

Big bicep



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						



20 sec rest before next exercise

Bicep exercise

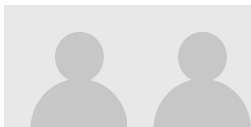


Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						



20 sec rest before next exercise

Bicep Curl with Dumbbell



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						