

# 28th Workout

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Base Prescription

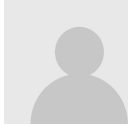
Day 1:

Day 2:

Exercise

Day 3:

Big bicep



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



20 sec rest before next exercise

Bicep curl

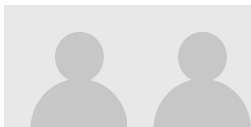


Set	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions
1	10.0	10						
Rest	10							
2	5.0	15						



20 sec rest before next exercise

Bicep Curl with Dumbbell



Set	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions	Wgt (kg)	Repetitions
1	10.0	10						
Rest	10							
2	5.0	15						