



28th workout

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Base Prescription

Day 1:

Day 2:

Exercise

Day 3:

Bicep muscles exercise

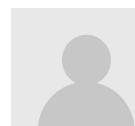


Set	Wgt (lbs)	Repetitions						
1	0.0	8						



20 sec rest before next exercise

NSG



Set	Wgt (lbs)	Repetitions						
1	0.0	8						



20 sec rest before next exercise

Box Jump



Set	Wgt (lbs)	Repetitions						
1	0.0	8						



10 sec rest before next exercise

Crunch Up



Set	Wgt (lbs)	Repetitions						
1	0.0	8						