

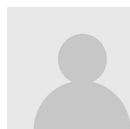
Base Prescription Day 1:

Day 2:

Exercise

Day 3:

Flexibility exercise

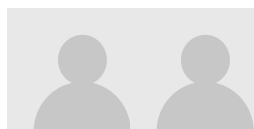


Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	10						
Rest	10							
2	0.0	15						



10 sec rest before next exercise

Overhead Triceps Stretch

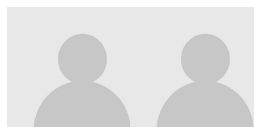


Set	Wgt (lbs)	Time (sec)	Wgt (lbs)	Time (sec)	Wgt (lbs)	Time (sec)	Wgt (lbs)	Time (sec)
1	0.0	30 sec						
Rest	10							
2	0.0	50 sec						



10 sec rest before next exercise

Sissy Squat

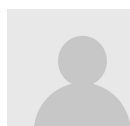


Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						
Rest	10							
2	0.0	15						



10 sec rest before next exercise

Calf Stretch

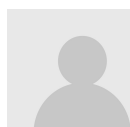


Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						
Rest	10							
2	0.0	18						



10 sec rest before next exercise

Bent Over Pec Stretch

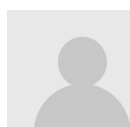


Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						
Rest	10							
2	0.0	15						



10 sec rest before next exercise

Seated Spinal Twist Stretch



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



10 sec rest before next exercise

Piriformis stretch



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						
Rest	10							
2	0.0	15						



10 sec rest before next exercise

Bridge



Set	Wgt (lbs)	Time (sec)	Wgt (lbs)	Time (sec)	Wgt (lbs)	Time (sec)	Wgt (lbs)	Time (sec)
1	0.0	30 sec						
Rest	10							
2	0.0	40 sec						



10 sec rest before next exercise

Hip Flexor Stretch



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						
Rest	10							
2	0.0	15						



10 sec rest before next exercise

Lateral Stretch



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						
Rest	10							
2	0.0	15						