



# 28th Workout

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Base Prescription

Day 1:

Day 2:

## Exercise

Day 3:

### Flexibility exercise



Set	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)						
1	0.0	30 sec						
Rest		10						
2	0.0	50 sec						



10 sec rest before next exercise

### Sissy Squat

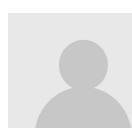


Set	Wgt (lbs)	Repetitions						
1	0.0	8						
Rest		10						
2	0.0	15						



10 sec rest before next exercise

### Calf Stretch

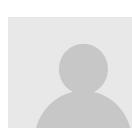


Set	Wgt (lbs)	Repetitions						
1	0.0	8						
Rest		10						
2	0.0	18						



10 sec rest before next exercise

### Bent Over Pec Stretch

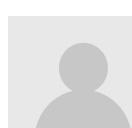


Set	Wgt (lbs)	Repetitions						
1	0.0	8						
Rest		10						
2	0.0	15						



10 sec rest before next exercise

### Seated Spinal Twist Stretch



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



10 sec rest before next exercise

## Piriformis stretch



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

10 sec rest before next exercise

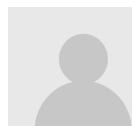
## Bridge



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

10 sec rest before next exercise

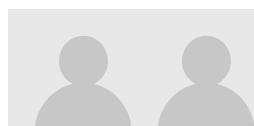
## Hip Flexor Stretch



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

10 sec rest before next exercise

## Lateral Stretch



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