

Base Prescription

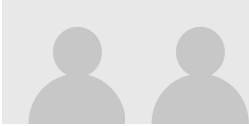
Day 1:

Day 2:

Exercise

Day 3:

Row



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



10 sec rest before next exercise

Squat



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	20						
Rest	10							
2	0.0	20						



10 sec rest before next exercise

V-Up



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



10 sec rest before next exercise

Plank



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	30 sec						



10 sec rest before next exercise