



28th workout

Created by : Samsung F42



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Base Prescription

Day 1:

Day 2:

Exercise

Day 3:

Row



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



10 sec rest before next exercise

Squat

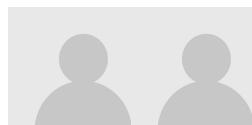


Set	Wgt (lbs)	Repetitions						
1	0.0	20						
Rest		10						
2	0.0	20						



10 sec rest before next exercise

V-Up



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



10 sec rest before next exercise

Plank



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



10 sec rest before next exercise