



# 28th workout

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Base Prescription

Day 1:

Day 2:

**Exercise**

Day 3:

Elbow Plank



Set	Wgt (lbs)	Time (sec)						
1	0.0	30 sec						



10 sec rest before next exercise

Row

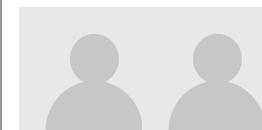


Set	Wgt (lbs)	Repetitions						
1	0.0	15						



10 sec rest before next exercise

Squat



Set	Wgt (lbs)	Repetitions						
1	0.0	20						



10 sec rest before next exercise

Full Crunch



Set	Wgt (lbs)	Repetitions						
1	0.0	20						



10 sec rest before next exercise

Glute Kickback



Set	Wgt (lbs)	Repetitions						
1	0.0	15						