



28th workout

Created by : Samsung S9



My 27th workout

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Base Prescription

Day 1:

Day 2:

Exercise

Day 3:

V-Up

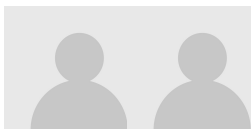


Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	20						
Rest	10							
2	0.0	25						



10 sec rest before next exercise

Full Crunch



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



10 sec rest before next exercise

V-Up Crunch



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



10 sec rest before next exercise

Crunch Up

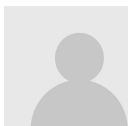


Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	10						
Rest	10							
2	0.0	20						



10 sec rest before next exercise

Plank

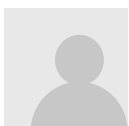


Set	Wgt (lbs)	Time (sec)	Wgt (lbs)	Time (sec)	Wgt (lbs)	Time (sec)	Wgt (lbs)	Time (sec)
1	0.0	30 sec						
Rest	10							
2	0.0	30 sec						



10 sec rest before next exercise

Back 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	30 sec						



10 sec rest before next exercise

Bridge with Dumbbell



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

Russian Twist



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



10 sec rest before next exercise

Kalaripayattu



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



20 sec rest before next exercise

Martial arts



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