



# 29th Workout

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Base Prescription

Day 1:

Day 2:

Exercise

Day 3:

Plank

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



20 sec rest before next exercise

Side Plank

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



20 sec rest before next exercise

Side plank

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



20 sec rest before next exercise

Elbow Plank

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



20 sec rest before next exercise

Spider Plank

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



20 sec rest before next exercise

Yoga - plank

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



20 sec rest before next exercise

## Reverse 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	8						