

# 29th Workout

Created by : Jeel Trainer

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Base Prescription

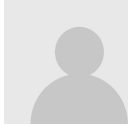
Day 1:

Day 2:

Exercise

Day 3:

Plank



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



20 sec rest before next exercise

Side Plank



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



20 sec rest before next exercise

Side plank



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



20 sec rest before next exercise

Elbow Plank



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



20 sec rest before next exercise

Spider Plank



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



20 sec rest before next exercise

Yoga - plank



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



20 sec rest before next exercise

Reverse Plank



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



10 sec rest before next exercise

Row



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						