

Base Prescription Day 1:

Day 2:

**Exercise**

Day 3:

### Suspended Leg Raise



Set	Wgt (lbs)	Repetitions						
1	0.0	8						



10 sec rest before next exercise

### Tricep Dip (level 1)



Set	Wgt (lbs)	Repetitions						
1	0.0	8						



10 sec rest before next exercise

### Tricep Dip (level 1)



Set	Wgt (lbs)	Repetitions						
1	0.0	8						



10 sec rest before next exercise

### Triceps exercise



Set	Wgt (lbs)	Repetitions						
1	0.0	8						



10 sec rest before next exercise

### Bicep muscular exercise



Set	Wgt (lbs)	Repetitions						
1	0.0	8						