

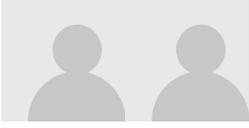
Base Prescription Day 1:

Day 2:

Exercise

Day 3:

Lunge



Set	Wgt (lbs)	Repetitions						
1	0.0	8						



10 sec rest before next exercise

Chin-Up



Set	Wgt (lbs)	Repetitions						
1	0.0	8						



10 sec rest before next exercise

Glute Kickback



Set	Wgt (lbs)	Repetitions						
1	0.0	8						



10 sec rest before next exercise

Bicep exercise



Set	Wgt (lbs)	Repetitions						
1	0.0	8						



10 sec rest before next exercise

Box Jump

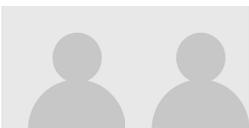


Set	Wgt (lbs)	Repetitions						
1	0.0	8						



10 sec rest before next exercise

Row



Set	Wgt (lbs)	Repetitions						
1	0.0	8						