

Base Prescription Day 1:

Day 2:

**Exercise**

Day 3:

### Triceps Pushdown with Cable Machine



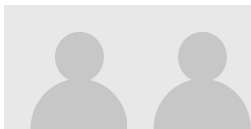
Set	Wgt (lbs)	Set Mode	Wgt (lbs)	Set Mode	Wgt (lbs)	Set Mode	Wgt (lbs)	Set Mode
1	0.0	8						
2	0.0	maximum						
3	0.0	30 sec						
4	0.0	8-10						

### Tricep Dip (level 1)



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	15						
2	0.0	15						
3	0.0	15						
4	0.0	15						

### Bicep Curl with Dumbbell



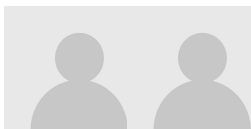
Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						
2	0.0	8						
3	0.0	8						
4	0.0	8						

### Biceps curl neutral grip



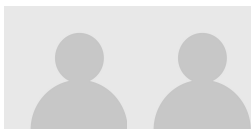
Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						
2	0.0	8						
3	0.0	8						
4	0.0	8						

### Crunch



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	20						
2	0.0	20						
3	0.0	20						
4	0.0	20						

### Crunch Up



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	8						
2	0.0	8						
3	0.0	8						
4	0.0	8						