

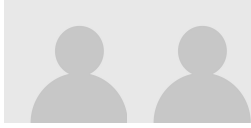
Base Prescription Day 1:

Day 2:

Exercise

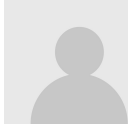
Day 3:

Bicep Curl with Dumbbell



| Set | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions |
|------|-----------|-------------|-----------|-------------|-----------|-------------|-----------|-------------|
| 1 | 35.0 | 10 | | | | | | |
| Rest | 30 | | | | | | | |
| 2 | 35.0 | 10 | | | | | | |
| Rest | 30 | | | | | | | |
| 3 | 35.0 | 10 | | | | | | |
| Rest | 30 | | | | | | | |
| 4 | 35.0 | 10 | | | | | | |

Biceps curl neutral grip



| Set | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions |
|-----|-----------|-------------|-----------|-------------|-----------|-------------|-----------|-------------|
| 1 | 80.0 | 12 | | | | | | |
| 2 | 80.0 | 12 | | | | | | |
| 3 | 80.0 | 12 | | | | | | |
| 4 | 80.0 | 12 | | | | | | |

Concentrated Bicep Curl with Dumbbell



| Set | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions |
|-----|-----------|-------------|-----------|-------------|-----------|-------------|-----------|-------------|
| 1 | 30.0 | 12 | | | | | | |
| 2 | 25.0 | 12 | | | | | | |
| 3 | 25.0 | 12 | | | | | | |
| 4 | 25.0 | 12 | | | | | | |