

Base Prescription

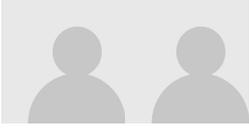
Day 1:

Day 2:

**Exercise**

Day 3:

Chin-Up



Set	Wgt (lbs)	Repetitions						
1	0.0	10						



10 sec rest before next exercise

Bicep Curl with Dumbbell



Set	Wgt (kg)	Repetitions						
1	5.0	20						



10 sec rest before next exercise

Bicep Curl with Cable Machine



Set	Wgt (kg)	Repetitions						
1	5.0	20						



20 sec rest before next exercise

Standing Bicep Curl with EZ bar



Set	Wgt (kg)	Repetitions						
1	10.0	15						



20 sec rest before next exercise

Tricep Dip

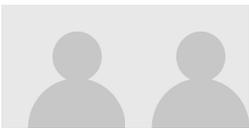


Set	Wgt (lbs)	Repetitions						
1	0.0	15						



20 sec rest before next exercise

Tricep extension



Set	Wgt (lbs)	Repetitions						
1	0.0	15						



20 sec rest before next exercise

Tricep dip with Equalizer



Set	Wgt (lbs)	Repetitions						
1	0.0	10						



20 sec rest before next exercise

Tricep press with Dumbbell



Set	Wgt (lbs)	Repetitions						
1	0.0	15						



20 sec rest before next exercise

Seated Overhead Tricep extension with Cable Machine



Set	Wgt (lbs)	Repetitions						
1	0.0	15						



20 sec rest before next exercise

Commando Exercise



Set	Wgt (lbs)	Repetitions						
1	0.0	8						



20 sec rest before next exercise

Box Jump



Set	Wgt (lbs)	Repetitions						
1	0.0	15						