



Last workout Created by : Tab 2C

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Base Prescription Day 1:

Day 2:

Exercise

Day 3:

Last exercisr



| Set | Wgt (lbs) | Repetitions |
|------|-----------|-------------|-----------|-------------|-----------|-------------|-----------|-------------|
| 1 | 0.0 | 8 | | | | | | |
| Rest | | 10 | | | | | | |
| 2 | 0.0 | 8 | | | | | | |
| Rest | | 10 | | | | | | |
| 3 | 0.0 | 8 | | | | | | |