

Base Prescription Day 1:

Day 2:

Exercise

Day 3:

Leg Exercise



Set	Wgt (lbs)	Repetitions						
1	0.0	8						
Rest	10							
2	0.0	15						



20 sec rest before next exercise

Flexibility exercise



Set	Wgt (lbs)	Repetitions						
1	0.0	8						
Rest	10							
2	0.0	15						



20 sec rest before next exercise

Last exercise



Set	Wgt (lbs)	Repetitions						
1	0.0	10						
Rest	10							
2	0.0	15						