

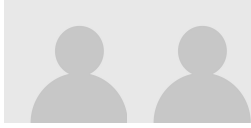
Base Prescription Day 1:

Day 2:

Exercise

Day 3:

Bench Press (Neutral - Floor)



Tempo 2 1 2 -

Keep feet flat and press through your heels.

Set	Wgt (lbs)	range	Wgt (lbs)	range	Wgt (lbs)	range	Wgt (lbs)	range
1	45.0	8-10						
Rest	60							
2	45.0	8-10						
Rest	60							
3	45.0	8-10						



120 sec rest before next exercise

Inclined Bench Press



Tempo 3 1 3 -

Ensure shoulder blades are retracted for stability.

Set	Wgt (lbs)	range	Wgt (lbs)	range	Wgt (lbs)	range	Wgt (lbs)	range
1	115.0	8-10						
Rest	60							
2	125.0	8-10						
Rest	60							
3	135.0	8-10						



90 sec rest before next exercise

Dumbbell Supine Fly



Tempo 2 - 2 1

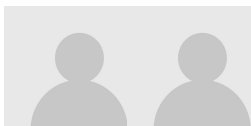
Maintain a slight bend in your elbows throughout.

Set	Wgt (lbs)	range	Wgt (lbs)	range	Wgt (lbs)	range	Wgt (lbs)	range
1	25.0	10-12						
Rest	60							
2	30.0	10-12						
Rest	60							
3	35.0	10-12						



90 sec rest before next exercise

Crossover (Low pulley)



Tempo 2 - 2 1

Focus on squeezing the chest at the end of the movement.

Set	Wgt (lbs)	range	Wgt (lbs)	range	Wgt (lbs)	range	Wgt (lbs)	range
1	0.0	10-12						
Rest	60							
2	0.0	10-12						
Rest	60							
3	0.0	10-12						



90 sec rest before next exercise