

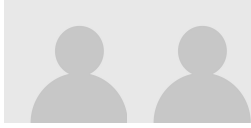
Base Prescription Day 1:

Day 2:

Exercise

Day 3:

Seated Chest Press Machine



Tempo 2 1 2 -

Keep your shoulders back and press evenly with both arms

Set	Wgt (lbs)	range	Wgt (lbs)	range	Wgt (lbs)	range	Wgt (lbs)	range
1	30.0	10-12						
Rest	60							
2	35.0	10-12						
Rest	60							
3	40.0	8-10						



90 sec rest before next exercise

Back Extension



Tempo 2 1 2 -

Engage your core and keep your movements controlled

Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	12						
Rest	60							
2	0.0	12						
Rest	60							
3	0.0	12						



90 sec rest before next exercise

Declined Push-ups (feet on dome)



Tempo 2 1 2 -

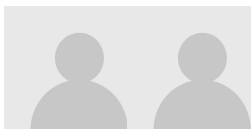
Focus on form, keep elbows close to your body

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



90 sec rest before next exercise

Squat Bicep Curl



Tempo 2 - 2 1

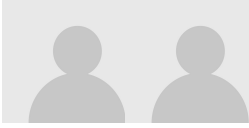
Maintain a steady pace, squeeze biceps at the top

Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	15.0	10						
Rest	60							
2	15.0	10						
Rest	60							
3	20.0	8						



90 sec rest before next exercise

Battle Rope (Delts)



Tempo 1 - 1 -

Keep your core tight and focus on shoulder engagement

Set	Wgt (lbs)	Time (sec)	Wgt (lbs)	Time (sec)	Wgt (lbs)	Time (sec)	Wgt (lbs)	Time (sec)
1	0.0	30 sec						
Rest	60							
2	0.0	30 sec						
Rest	60							
3	0.0	30 sec						



120 sec rest before next exercise