

## Mass Prescription Printable Work Sheets

### WEEK ONE DAY 1

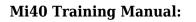
Bi	ACK			
EXERCISE	WORK SETS	REPS	REST	TEMPO
Straight Arm Pulldown	4	8 + NOS	40 sec	4010
Reverse Grip Pulldown	4	8 + NOS	40 sec	4010
Bent Barbell Row	4	8 + NOS	40 sec	4010
One-Arm Dumbbell	4	8 + NOS	40 sec	4010
Hyper Extensions - with bodyweight	4	8 + NOS	40 sec	4010
HAMS	TRINGS			
EXERCISE VIEWS Websi	te Psets	I E WYS	REST !	TEMPO
Lying Leg Curl in hip extension	4	8		4010
Superset with Lying Leg Curl (hip up)	4	8 + NOS	40 sec	4010
Stiff Leg Deadlift*	4	8 + NOS	40 sec	4010
"Note: "with intention"				

#### DAY 2

CHEST						
Flat Barbell Press* (downward intention)	4	8 + NOS	40 sec	4010		
"Note: "with intention"						
45-Degree* Incline Dumbbell Press	4	8 + NOS	40 sec	4010		
Flat Dumbbell "Press Fly"	4	8 + NOS	40 sec	4010		
Machine Pec Fly	3	8 + NOS	_	4010		
Superset with Pushups	3	Failure	40 sec	4010		
BIC	EPS					
EXERCISE	WORK	REPS	REST	TEMPO		
Machine Preacher	4	8 + NOS	40 sec	4010		
Seated Dumbbell Curl	3	8 + NOS	40 sec	4010		
Cable Curl	3	8 + NOS	40 sec	4010		

# **Mi40 Training Manual**

**SA Dillow** 



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