

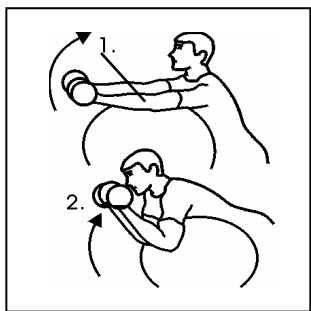
PHYSIGRAPHE inc.

Name: Mr.X

Program: Arms

A1

Wt	
1	44
2	53
3	60
4	0
5	0
6	0

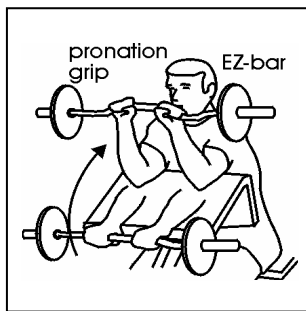


	Ser.	Rep.	Tempo	Rest
Wt 1	3	15	2 0 2	30
Wt 2	4	12	4 0 2	30
Wt 3	4	8	4 2 2	30
Wt 4				
Wt 5				
Wt 6				

Alter. 1

Note: On your knees, ball in front.
Get elbows shoulders width apart.
#1. Pull dumbbells at line level and keep it there. #2. Roll on the ball and finish the movement. For the eccentric part, do the opposite.

A2

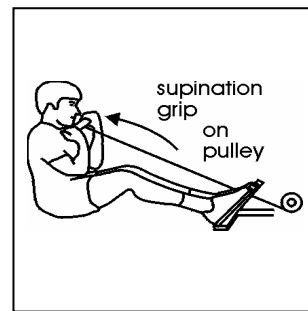


Ser.	Rep.	Tempo	Rest
3	15	2 0 2	30
4	10	4 0 2	30
4	10	3 1 1	30

Alter. 1

Note: Get elbows shoulders width apart.
Keep good form by going all the way down.
Pause down at workout #3.
Same for #4, 5 and 6.

A3



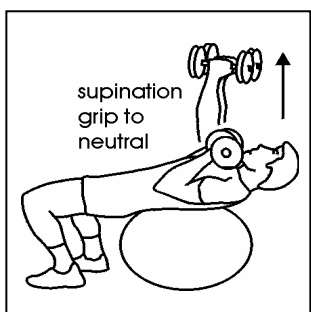
Ser.	Rep.	Tempo	Rest
3	15	2 0 2	60
4	10	4 0 2	90
4	10	3 2 1	180

Alter. 1

Note: Keep back straight.
Pause up at workout #3.
Same for #4, 5 and 6.

B1

Wt	
1	44
2	53
3	60
4	0
5	0
6	0

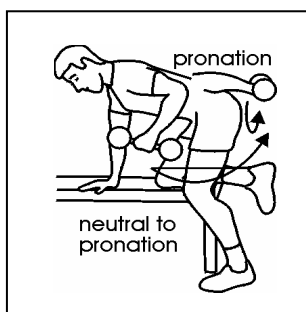


	Ser.	Rep.	Tempo	Rest
Wt 1	3	15	3 0 2	30
Wt 2	4	10	3 1 2	30
Wt 3	4	8	4 1 1	30
Wt 4				
Wt 5				
Wt 6				

Alter. 1

Note: Keep balance. Bring dumbbells close to neck. Elbows stay close to body.
Pause down at workout #2.
Same than Wt #3 at Wt #4, 5, 6.

B2

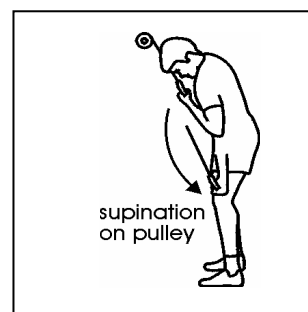


Ser.	Rep.	Tempo	Rest
3	15	4 1 2	30
4	10	3 1 2	30
4	10	3 1 1	30

Alter. 2

Note: Keep back straight and head up.
Elbow stay close. Rotate the hand to face palm up.
Pause up for all workout.

B3



Ser.	Rep.	Tempo	Rest
3	15	3 1 2	60
4	10	3 1 2	90
4	10	3 1 1	180

Alter. 2

Note: Keep elbow close.
Make good complete movement.
Pause down for all workout.

	Wt-Time	Total Wt_time		Wt-Time	Total Wt_time		Wt-Time	Total Wt_time
Wt 1	32	min. 44	Wt 3	28	min. 60	Wt 5	0	min. 0
Wt 2	33	min. 53	Wt 4	0	min. 0	Wt 6	0	min. 0