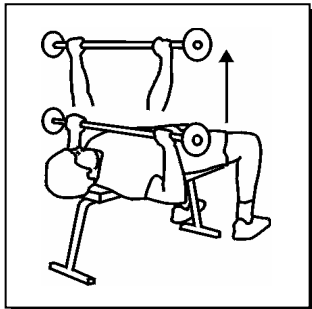


PHYSIGRAPHE inc.

Name: Mr. X

Program: 1

A1



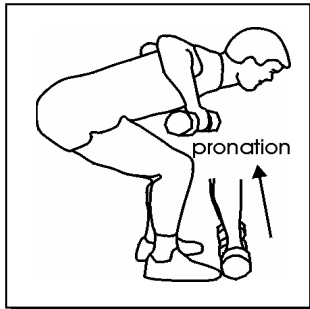
Wtt	
1	49
2	0
3	0
4	0
5	0
6	0

	Ser.	Rep.	Tempo	Rest
Wt 1	4	12	4 0 2	60
Wt 2				
Wt 3				
Wt 4				
Wt 5				
Wt 6				

Alter. 1

Note: Bar to chest
Keep back flat

A2

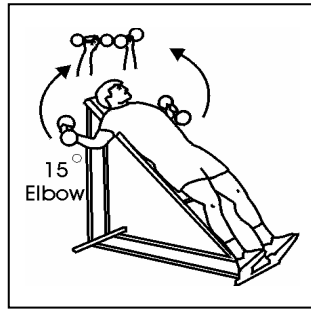


Ser.	Rep.	Tempo	Rest
4	12	4 1 2	60

Alter. 1

Note: Back straight
Chest out
Head up

B1

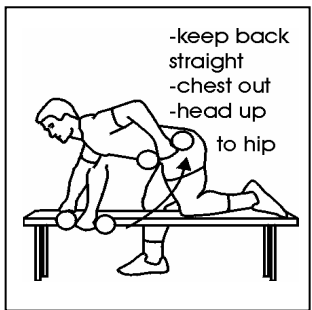


Ser.	Rep.	Tempo	Rest
3	12	4 0 2	45

Alter. 1

Note: Keep back flat
Knees bent

B2



Wtt	
1	49
2	0
3	0
4	0
5	0
6	0

	Ser.	Rep.	Tempo	Rest
Wt 1	3	12	3 1 2	45
Wt 2				
Wt 3				
Wt 4				
Wt 5				
Wt 6				

Alter. 2

Note:

C1

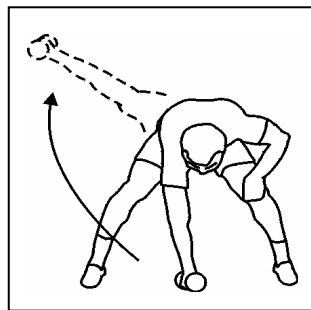


Ser.	Rep.	Tempo	Rest
3	12	4 0 2	45

Alter. 1

Note:

C2



Ser.	Rep.	Tempo	Rest
3	15	2 1 2	45

Alter. 2

Note: Keep back straight
Knees bent

	Wt-Ttime	Total Wt_time	Wt-Ttime	Total Wt_time	Wt-Ttime	Total Wt_time		
Wt 1	32	min. 49	Wt 3	0	min. 0	Wt 5	0	min. 0
Wt 2	0	min. 0	Wt 4	0	min. 0	Wt 6	0	min. 0