

# Mass Prescription Printable Work Sheets

# WEEK ONE DAY 1

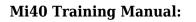
| BACK                                  |         |         |        |       |  |  |
|---------------------------------------|---------|---------|--------|-------|--|--|
| EXERCISE                              | WORK    | REPS    | REST   | TEMPO |  |  |
| Straight Arm Pulldown                 | 4       | 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 Burn | PERS S  | 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

| DAIZ                                     |              |         |        |       |  |  |  |
|--|--------------|---------|--------|-------|--|--|--|
| CHEST                                    |              |         |        |       |  |  |  |
| EXERCISE                                 | WORK<br>SETS | REPS    | REST   | TEMPO |  |  |  |
| 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  |  |  |  |
| BICI                                     | 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  |  |  |  |
|  |              |         |        |       |  |  |  |

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# **Table of Contents Mi40 Training Manual**

- 1. Understanding the eBook Mi40 Training Manual
  - The Rise of Digital Reading Mi40 Training Manual
  - Advantages of eBooks Over Traditional Books
- 2. Identifying Mi40 Training Manual
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Mi40 Training Manual
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Mi40 Training Manual
  - Personalized Recommendations
  - Mi40 Training Manual User Reviews and Ratings
  - Mi40 Training Manual and Bestseller Lists

- 5. Accessing Mi40 Training Manual Free and Paid eBooks
  - Mi40 Training Manual Public Domain eBooks
  - Mi40 Training Manual eBook Subscription Services
  - Mi40 Training Manual Budget-Friendly Options
- 6. Navigating Mi40 Training Manual eBook Formats
  - o ePub, PDF, MOBI, and More
  - o Mi40 Training Manual Compatibility with Devices
  - Mi40 Training Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Mi40 Training Manual
  - Highlighting and Note-Taking Mi40 Training Manual
  - Interactive Elements Mi40 Training Manual
- 8. Staying Engaged with Mi40 Training Manual
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Mi40 Training Manual
- 9. Balancing eBooks and Physical Books Mi40 Training Manual
  - $\circ$  Benefits of a Digital Library
  - $\circ\,$  Creating a Diverse Reading Collection Mi40 Training Manual
- 10. Overcoming Reading Challenges
  - o Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Mi40 Training Manual
  - Setting Reading Goals Mi40 Training Manual
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Mi40 Training Manual
  - Fact-Checking eBook Content of Mi40 Training Manual
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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