



## Basket Press Program

| STEP | BAR | HOLDING   | CYCLES |
|------|-----|-----------|--------|
| 1    | .6  | .1 MINUTE | 10     |
| 2    | 1.0 | 1 MINUTE  | 1      |
| 3    | 1.5 | 1 MINUTE  | 1      |
| 4    | 2.0 | 1 MINUTE  | 1      |
| 5    | 2.5 | 1 MINUTE  | 1      |
| 6    | 3.0 | 1 MINUTE  | 1      |
| 7    | 3.5 | 1 MINUTE  | 1      |
| 8    | 4.0 | 1 MINUTE  | 1      |
| 9    | 4.5 | 1 MINUTE  | 1      |
| 10   | 5.0 | 1 MINUTE  | 1      |

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