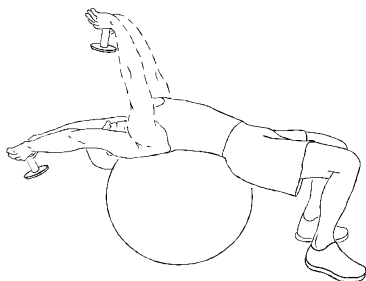
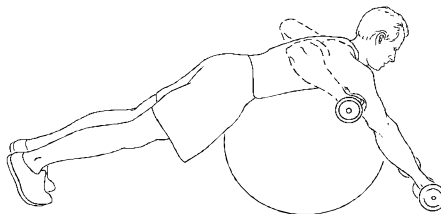


BACK - 1 Pullover (Dumbbell)



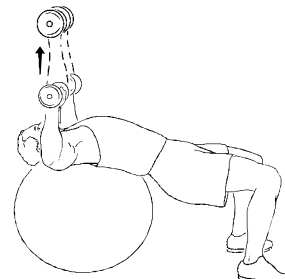
Pull dumbbell over chest, keeping elbows straight, trunk bridged. Do 3 sets. Complete 12 repetitions.

BACK - 14 Row: Prone (Dumbbell)



Pull weights to sides, palms facing floor. Elbows come behind back and squeeze shoulder blades. Do 3 sets. Complete 12 repetitions.

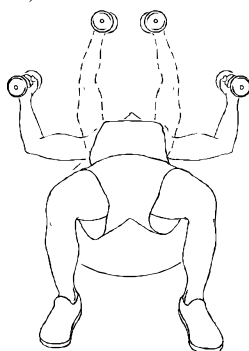
CHEST - 1 Press (Dumbbell)



Press dumbbells over chest while maintaining bridge. Do 4 sets. Complete 12 repetitions.

CHEST - 6 Fly (Dumbbell)

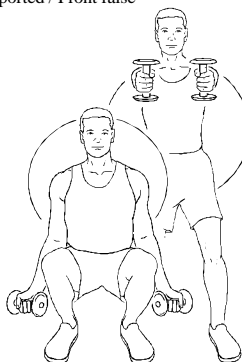
Bring dumbbells toward midline, at chest level, using a hugging motion and maintaining bridge. Imagine you are hugging a tree.



Do 4 sets. Complete 12 repetitions.

COMBO - 5 Squat Supported / Front raise

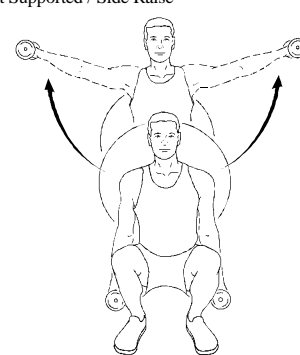
Bring dumbbells toward midline, chest level while rising.



Do 3 sets. Complete 15 repetitions.

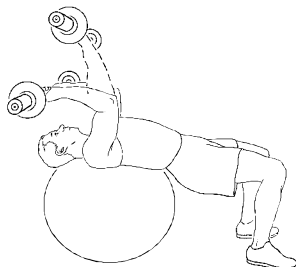
COMBO - 2 Squat Supported / Side Raise

Raise dumbbells in a lateral raise motion to side while rising.



Do 3 sets. Complete 15 repetitions.

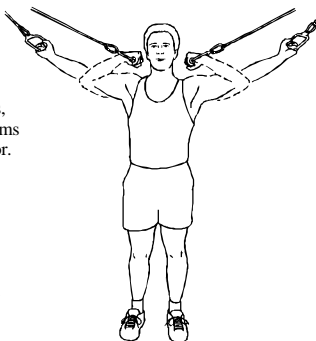
TRICEPS - 6 Extension: Supine (Barbell)



Bridge trunk, head and neck supported, upper arms vertical grasping bar. Perform brain bashers. Do     sets. Complete     repetitions.

ARMS: BICEPS - 22 Curl: Standing (Cable)

Knees slightly bent, curl arms toward shoulders, keeping upper arms parallel with floor.



Do 3 sets. Complete 12 repetitions.

ABS - 35 Knee Raise: Hanging

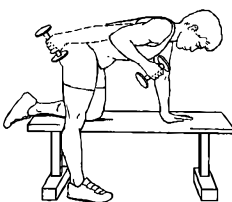
Tighten abdominals and bend legs, pulling knees toward chest.



Do 3 sets. Complete 20 repetitions.

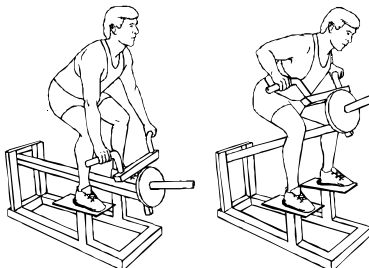
ARMS: TRICEPS - 1 Kickback: Bent Over - Single Arm (Dumbbell)

Straighten arm, keeping upper arm in line with body. Turn palm up toward ceiling at top of movement.



Do 3 sets. Complete 12 repetitions.

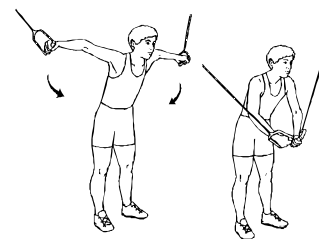
BACK: LATS - 5 Row: Bent Over (T-Bar)



Pull handles to sides of chest, keeping back flat and knees bent. These rock!!!!

Do 3 sets. Complete 12 repetitions.

CHEST - 50 Fly: Standing (Cable)



With loose grip, cross arms just past midline of body under lower chest, keeping elbows and knees slightly bent. Squeeze at cross point, these will rip your chest up!

Do 3 sets. Complete 12 repetitions.