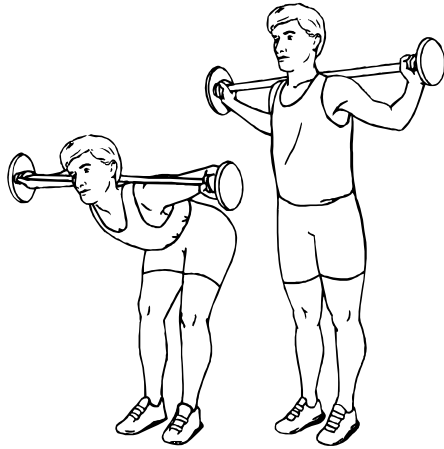


BACK: LOW - 8 Good Morning (Barbell)

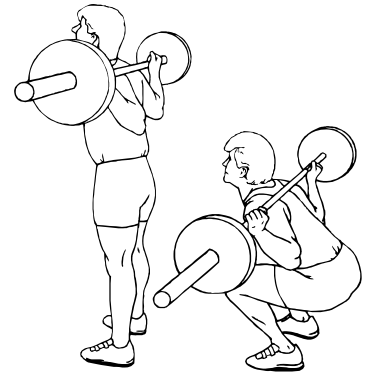
Bent 90° at hips, knees slightly bent, head up, back straight, raise torso until in line with legs.



Do 2 sets.
Complete 10-12 repetitions.

LEGS: GLUTES / THIGHS - 3 Back Parallel Squat (Barbell)

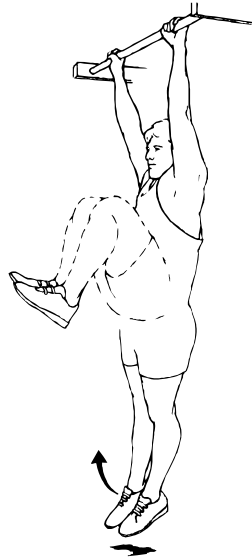
Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.



Do 2 sets.
Complete 10-12 repetitions.

ABS - 34 Knee Raise: Hanging

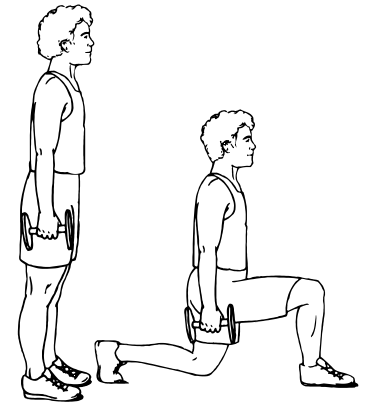
Tighten abdominals and bend legs, pulling knees toward chest.



Do 2 sets.
Complete 10-12 repetitions.

LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

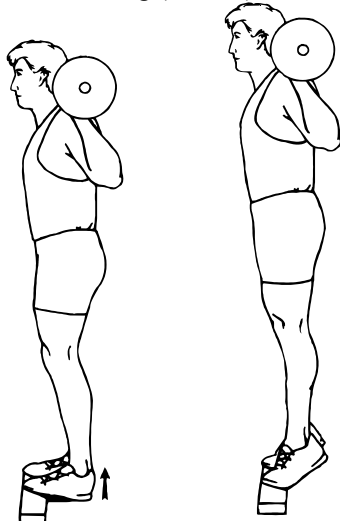
Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.



Do 2 sets.
Complete 10-12 repetitions.

LEGS: CALVES - 2 Heel Raise: Standing (Barbell)

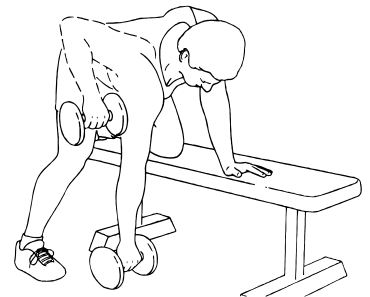
Toes on board, heels on floor, knees slightly bent, rise up on toes as high as possible.



Do 2 sets.
Complete 10-12 repetitions.

BACK: LATS - 2 Row: Bent Over - Single Arm (Dumbbell)

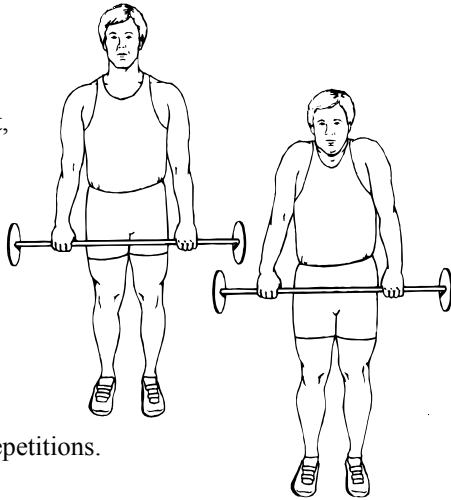
Lift weight to side of chest, keeping elbow close to body.



Do 2 sets.
Complete 10-12 repetitions.

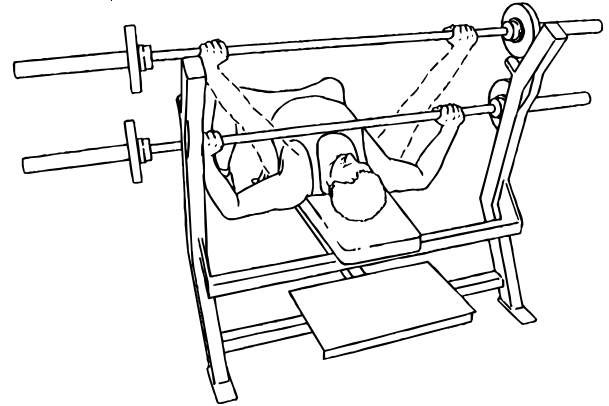
BACK: TRAPS - 8 Shrug: Medium Grip (Barbell)

Knees slightly bent,
raise shoulders as
high as possible,
keeping arms
straight.



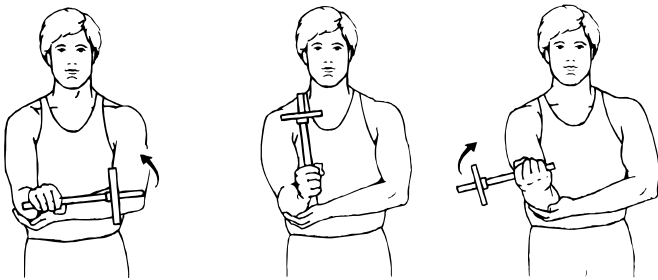
Do 2 sets.
Complete 10-12 repetitions.

CHEST - 22 Bench Press: Wide Grip (Barbell)



Press to straight arms.
Do 2 sets. Complete 10-12 repetitions.

ARMS: FOREARMS - 18 Rotation: Single Arm
(Thor's Hammer)

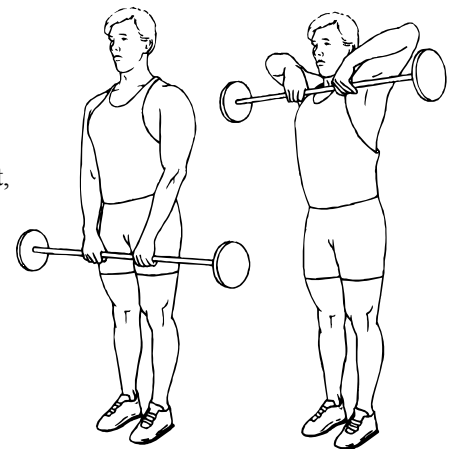


Holding forearm with other hand, slowly rotate hand to one
side then the other, as far as possible.

Do 2 sets. Complete 10-12 repetitions.

BACK: TRAPS - 3 Row: Upright - Narrow Grip (Barbell)

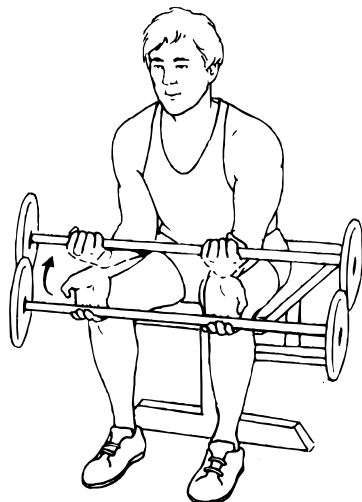
Knees slightly bent,
lift bar to chin,
leading with
elbows.



Do 2 sets.
Complete 10-12
repetitions.

ARMS: FOREARMS - 8 Wrist Curl: Sitting (Barbell)

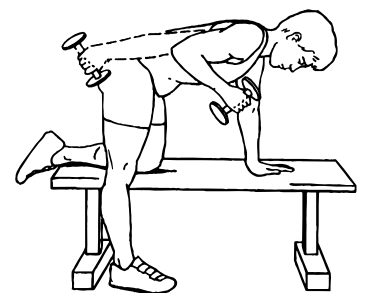
Flex wrists up toward
body. Keep forearms
on thighs.



Do 2 sets. Complete
10-12 repetitions.

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

Straighten arm, keeping
upper arm in line
with body.



Do 2 sets.
Complete 10-12 repetitions.