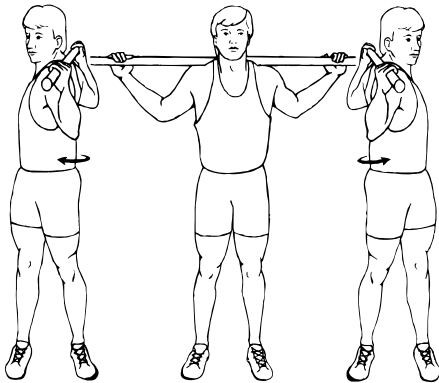


ABS - 39 Trunk Twist



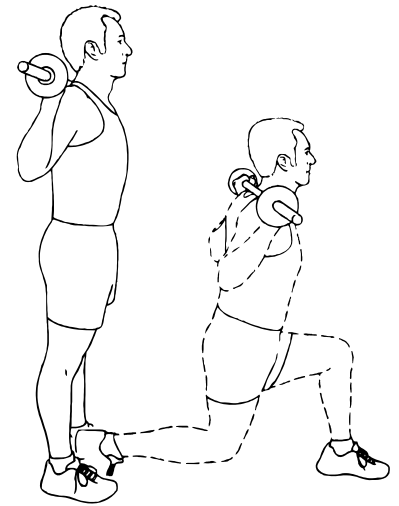
Tighten abdominals and rotate upper body, twisting at waist from one side to the other. Keep back straight.

Do 3 sets. Complete 15 repetitions.

LEGS: GLUTES / THIGHS - 12 Lunge (Barbell)

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

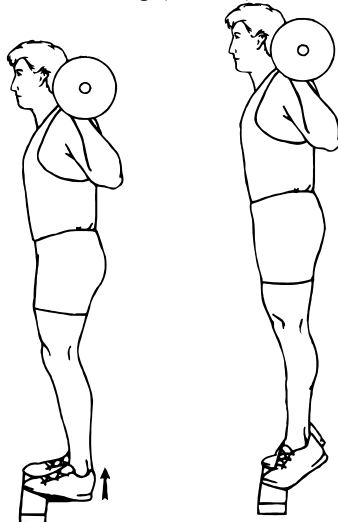
Do 3 sets.  
Complete 15 repetitions.



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

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

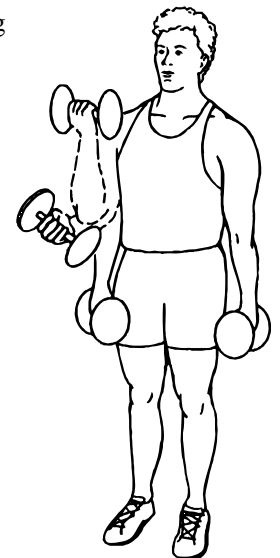
Do 3 sets.  
Complete 15 repetitions.



ARMS: BICEPS - 9 Curl: Standing Alternating (Dumbbell)

Knees slightly bent, hold weights at sides, palms in. Curl arm toward shoulder rotating to palm up while beginning curl. Alternate arms.

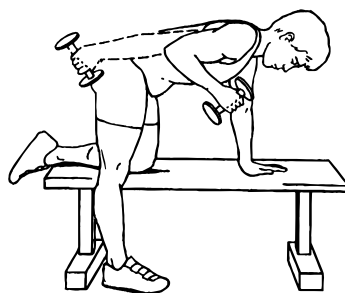
Do 3 sets.  
Complete 10-15 repetitions.



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

Straighten arm, keeping upper arm in line with body.

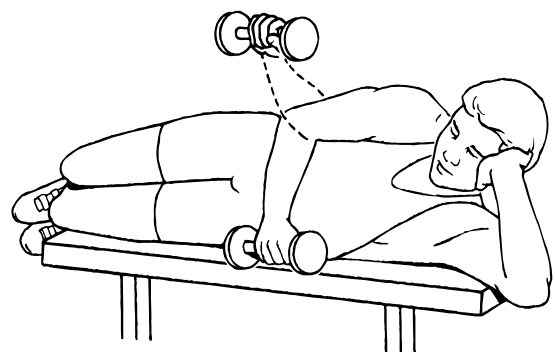
Do 3 sets.  
Complete 10-15 repetitions.



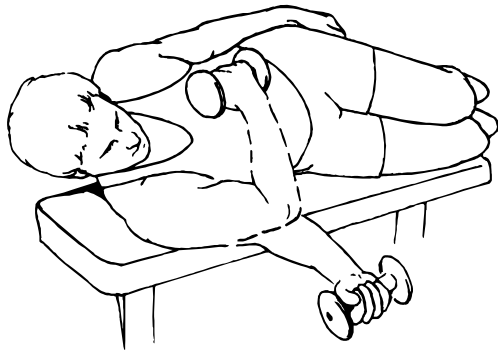
SHOULDERS - 22 External Rotation: Single Arm (Dumbbell)

Arm across body, rotate upward past parallel to floor, keeping upper arm against body.

Do 2 sets. Complete 10 repetitions.



SHOULDERS - 23 Internal Rotation: Single Arm  
(Dumbbell)



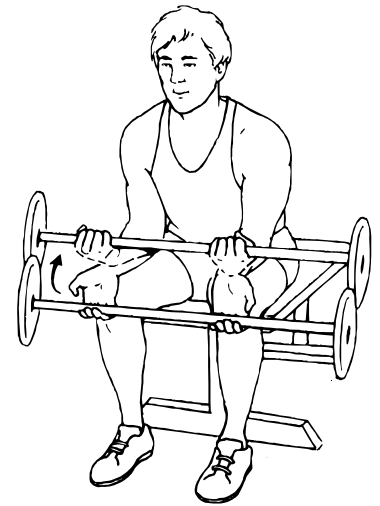
Elbow at side and forearm away from body, rotate until dumbbell touches chest, keep elbow at side.

Do 2 sets. Complete 10 repetitions.

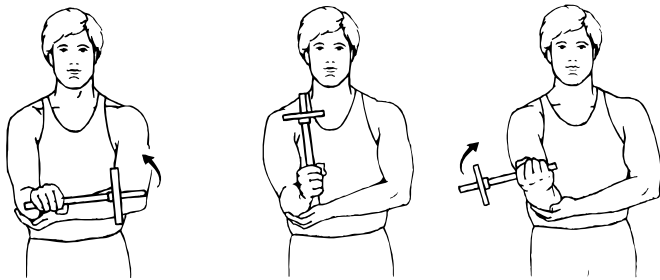
ARMS: FOREARMS - 8 Wrist Curl: Sitting (Barbell)

Flex wrists up toward body. Keep forearms on thighs.

Do 3 sets. Complete 10-12 repetitions.



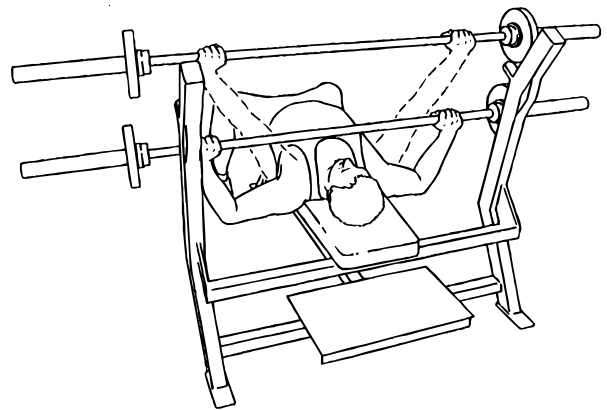
ARMS: FOREARMS - 18 Rotation: Single Arm  
(Thor's Hammer)



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

Do 3 sets. Complete 12-15 repetitions.

CHEST - 22 Bench Press: Wide Grip (Barbell)

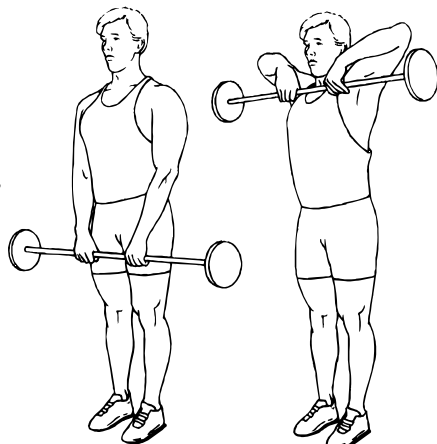


Press to straight arms.

Do 3 sets. Complete 10 repetitions.

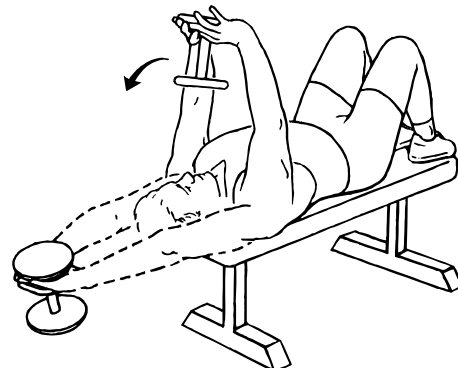
BACK: TRAPS - 3 Row: Upright - Narrow Grip (Barbell)

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



Do 3 sets.  
Complete 10-12 repetitions.

CHEST - 11 Pull-Over: Straight Arms (Dumbbell)



Lower arms until parallel with floor, keeping arms nearly straight.

Do 3 sets. Complete 12 repetitions.