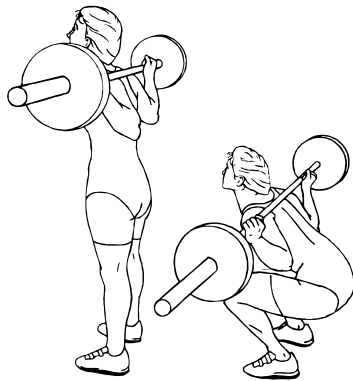


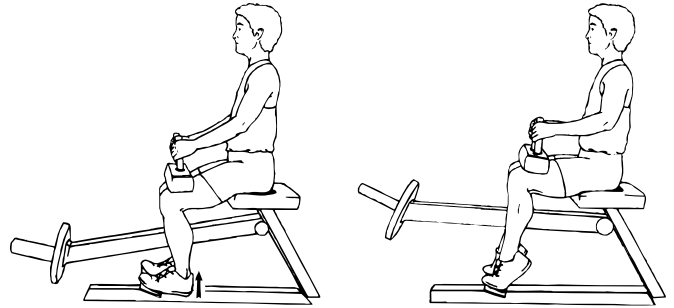
LEGS: GLUTES / THIGHS - 3 Back Parallel Squat (Barbell)

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



Do 2 sets.
Complete 12-15 repetitions.

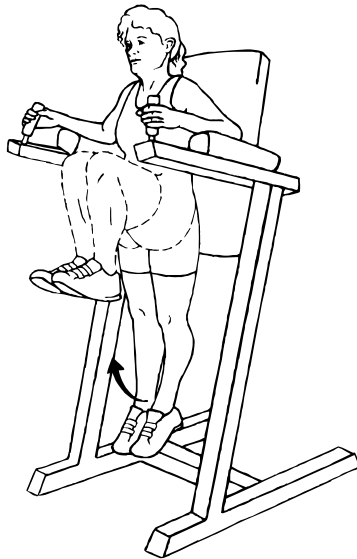
LEGS: CALVES - 5 Heel Raise: Sitting (Machine)



Weight on lower thighs, rise up on toes as high as possible.
Do 2 sets. Complete 12-15 repetitions.

ABS - 33 Knee Raise

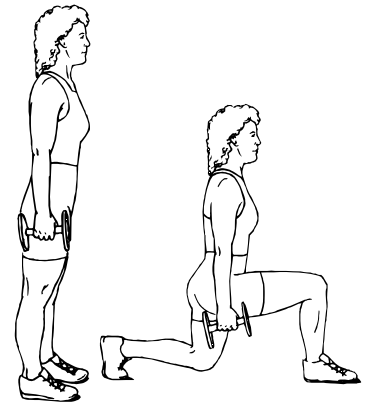
Tighten abdominals and bend legs, pulling knees toward chest.



Do 2 sets.
Complete 20 repetitions.

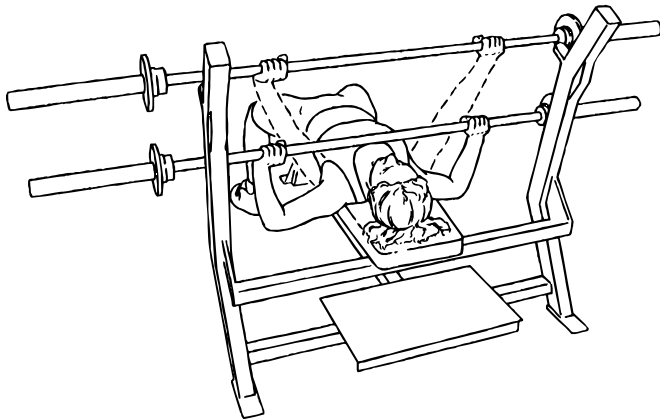
LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

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 repetitions.

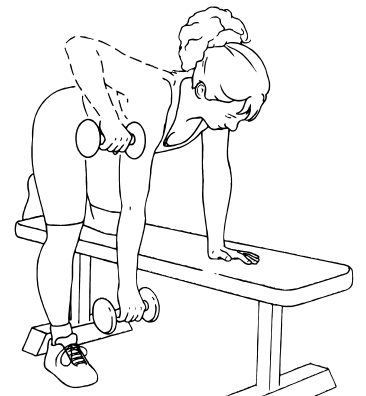
CHEST - 22 Bench Press: Wide Grip (Barbell)



Press to straight arms.
Do 2 sets. Complete 12-15 repetitions.

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

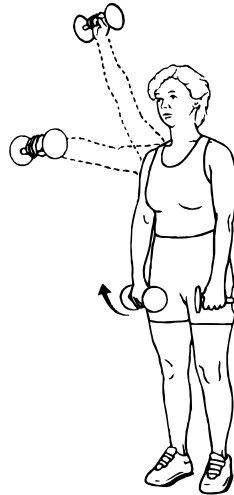
Lift weight to side of chest, keeping elbow close to body.



Do 2 sets.
Complete 12-15 repetitions.

SHOULDERS - 11 Front Deltoid Raise: Single Arm (Dumbbell)

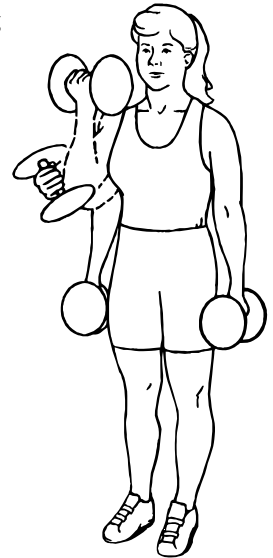
Knees slightly bent, raise dumbbell over head, keeping elbow locked. Alternate arms.



Do 2 sets.
Complete 12-15 repetitions.

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

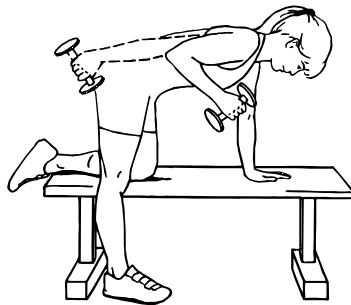
Knees slightly bent, hold weights at sides, palms in. Curl arm toward shoulder rotating to palm up while beginning curl. Alternate arms.



Do 2 sets.
Complete 12-15 repetitions.

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

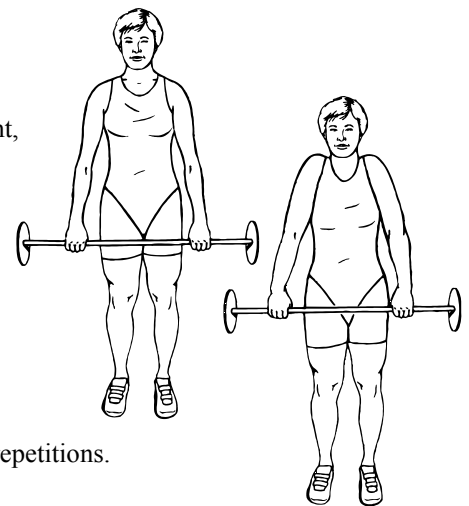
Straighten arm, keeping upper arm in line with body.



Do 2 sets.
Complete 12-15 repetitions.

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

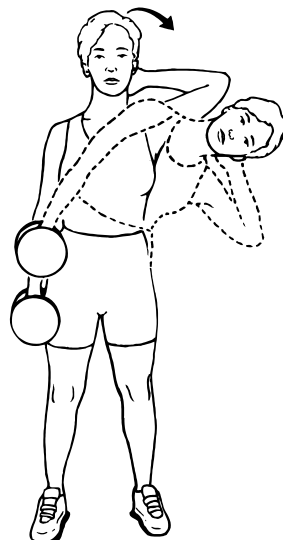
Knees slightly bent, raise shoulders as high as possible, keeping arms straight.



Do 2 sets.
Complete 12-15 repetitions.

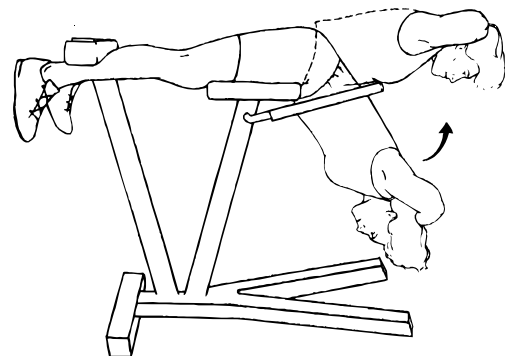
ABS - 37 Side Bend (Dumbbell)

Tighten abdominals and bend to side as far as possible.



Do 2 sets.
Complete 12-15 repetitions.

BACK: LOW - 9 Extension



Bent at hips, back straight, hands behind head, raise torso until in line with legs. Do NOT extend past parallel to floor.
Do 2 sets. Complete 12-15 repetitions.