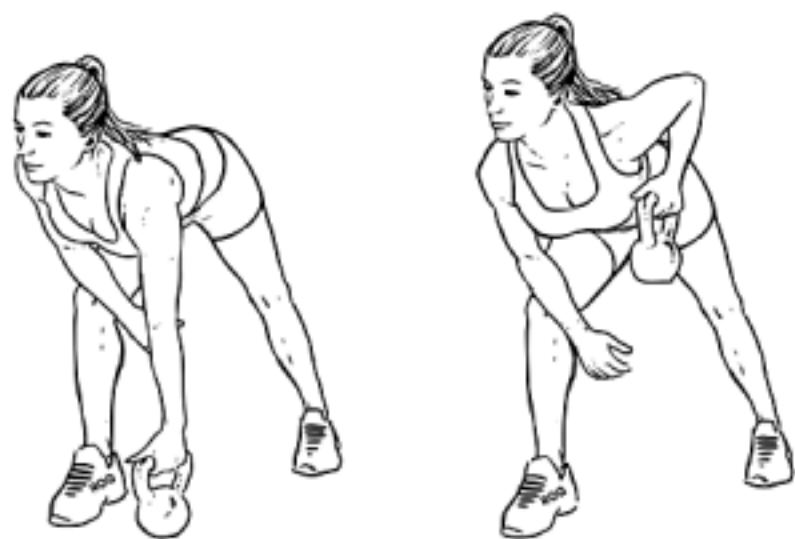
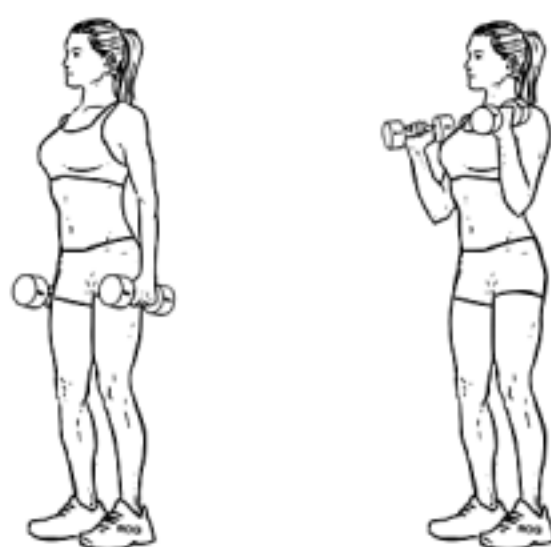


PRINTABLE WORKOUT

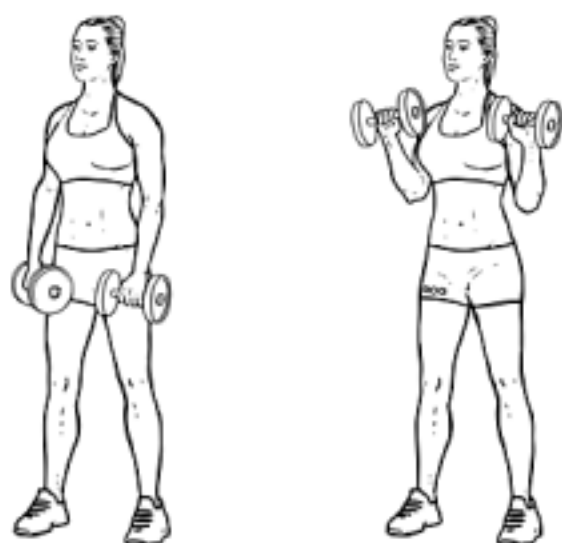
Upper body 1



One-Arm Kettlebell Row
2 sets / 30 reps



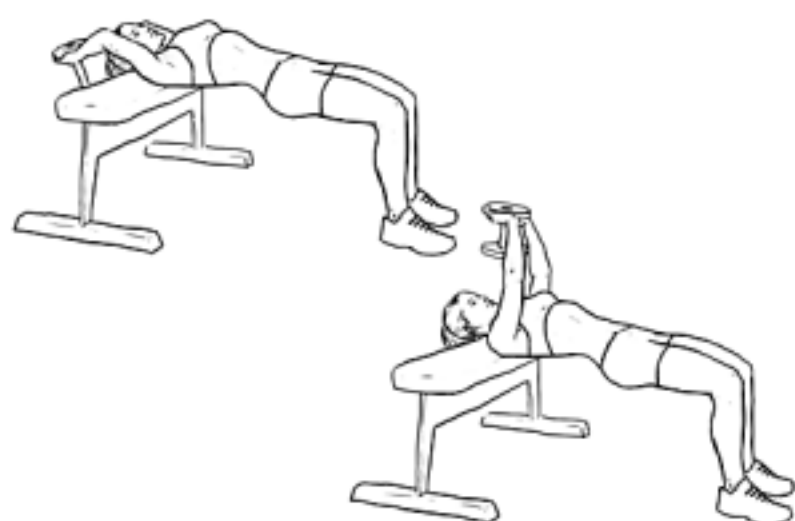
Standing Dumbbell Curl
2 sets / 30 reps



Reverse Curl
2 sets / 30 reps



Decline Push-up
2 sets / 30 reps



Dumbbell Pullover
2 sets / 30 reps



Kettlebell Windmill
2 sets / 30 reps



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