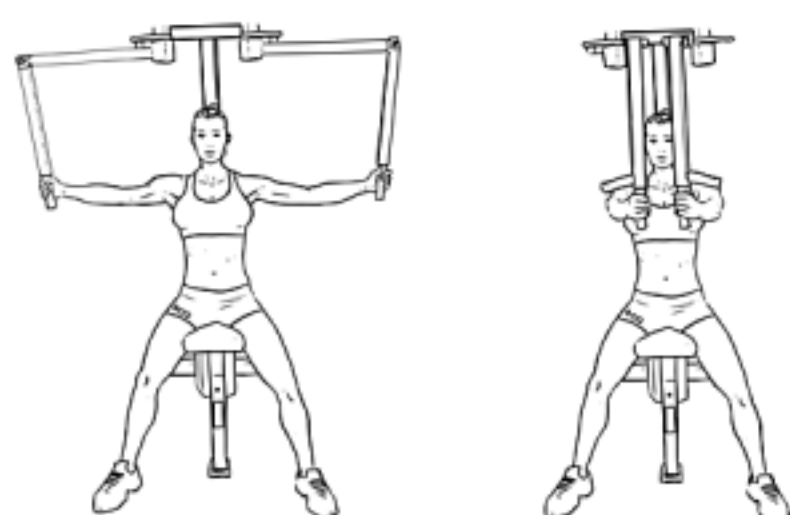
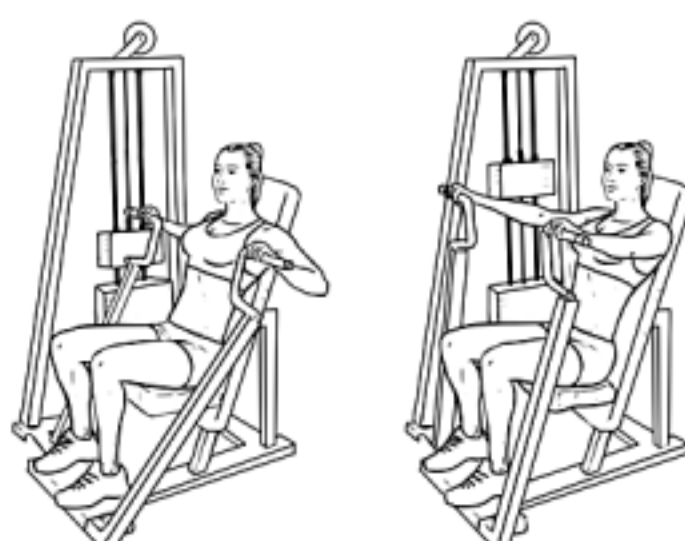


PRINTABLE WORKOUT

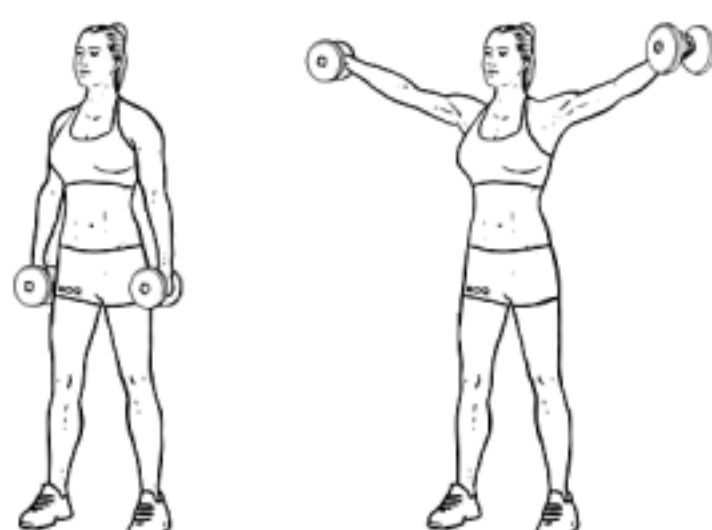
Upper body workout



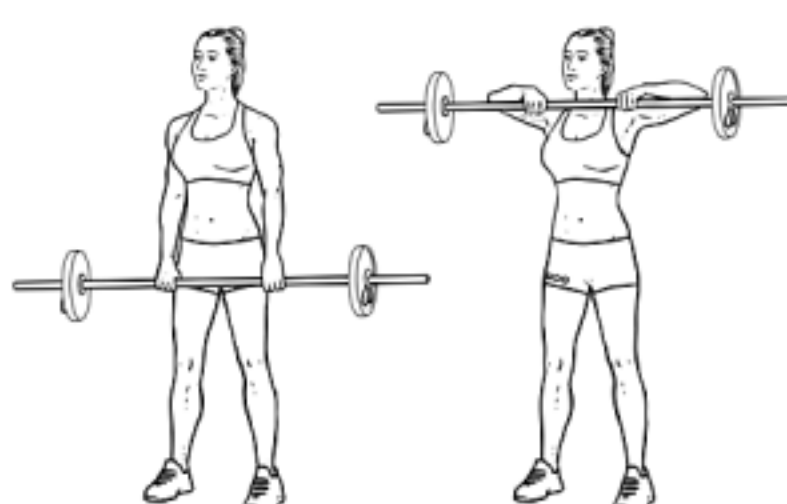
Butterfly / Pec Deck /
Seated Machine Fly
3 sets / 12 reps



Hammer Strength Machine
Chest Press
3 sets / 12 reps



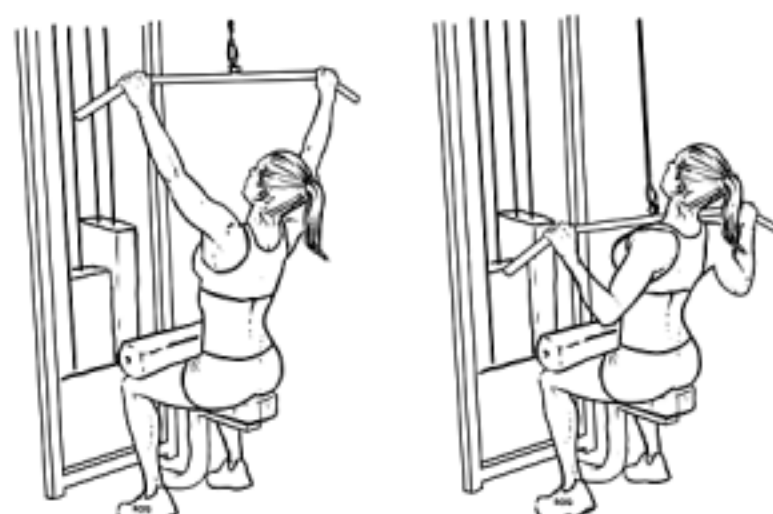
Dumbbell Lateral Raise /
Power Partial
3 sets / 12 reps



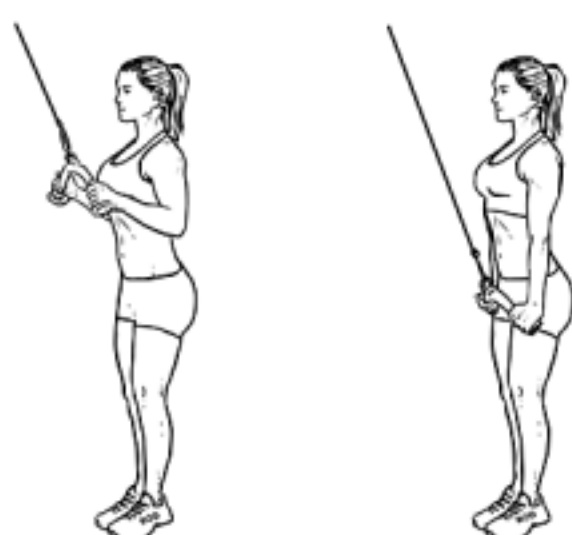
Upright Barbell Row
3 sets / 12 reps



Seated / Low Cable Row
3 sets / 12 reps



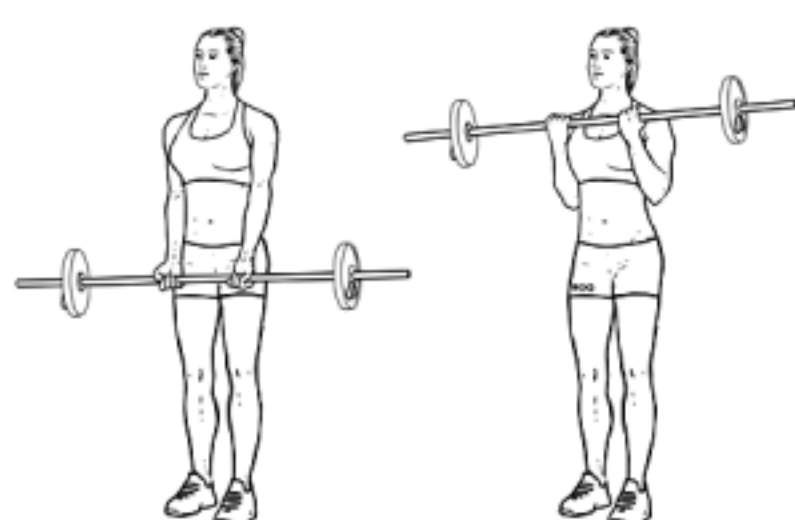
Wide-Grip Lat Pulldown
3 sets / 12 reps



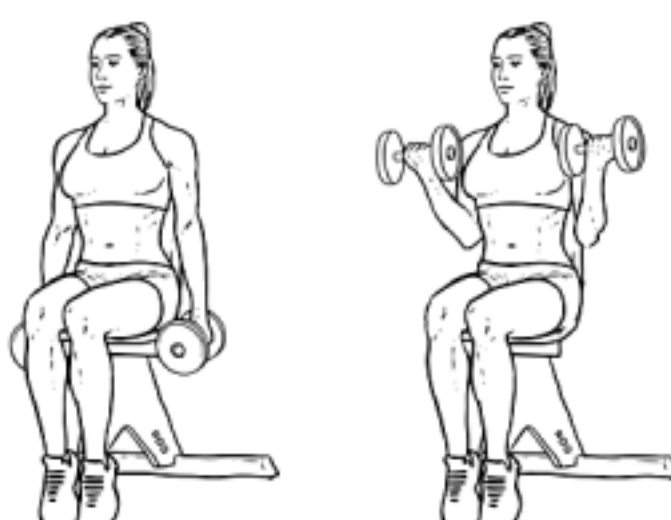
Triceps Cable Pushdown
3 sets / 12 reps



Triceps Dips
3 sets / 12 reps



Barbell Curl / Standing
Biceps Curl
3 sets / 12 reps



Seated Dumbbell Curl
3 sets / 12 reps