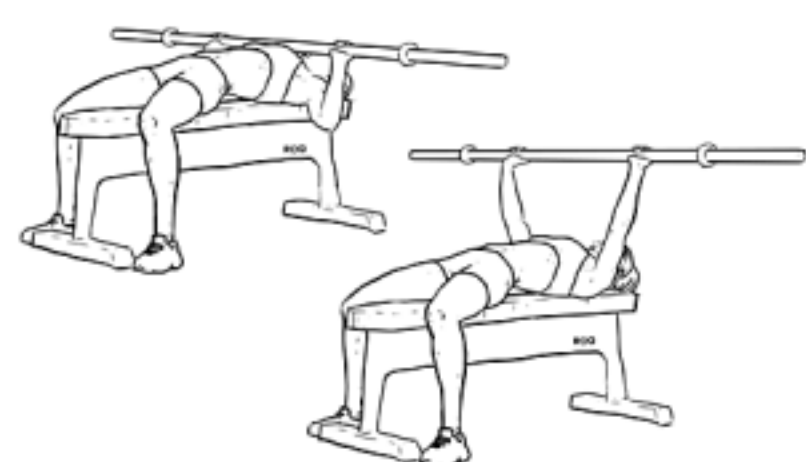
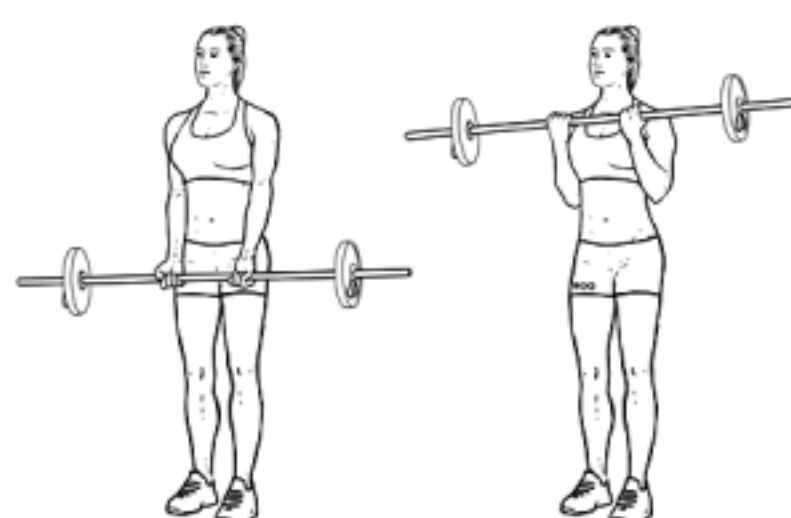


PRINTABLE WORKOUT

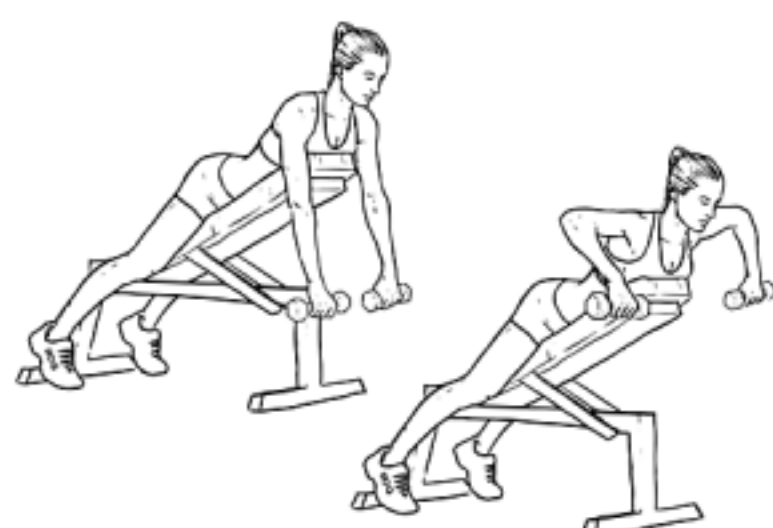
Upper Body Workout C



Barbell Bench Press / Chest Press
3 sets / 15 reps



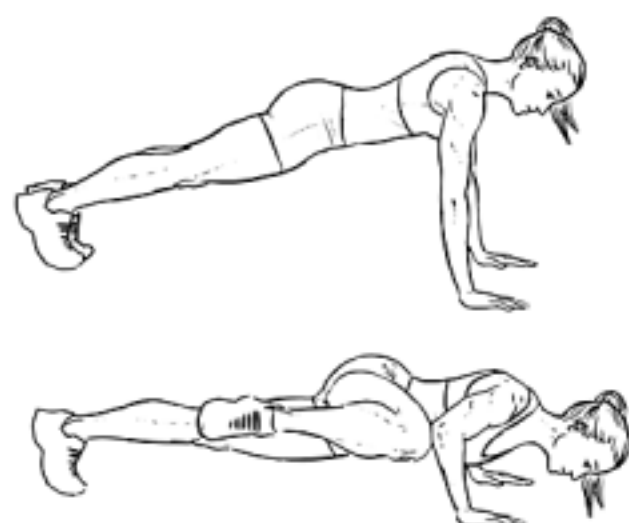
Barbell Curl / Standing Biceps Curl
3 sets / 15 reps



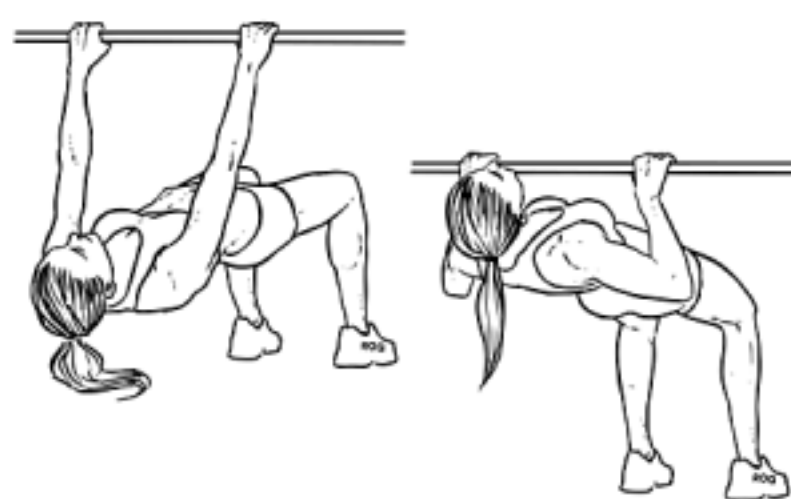
Dumbbell Incline Bench Row
3 sets / 15 reps



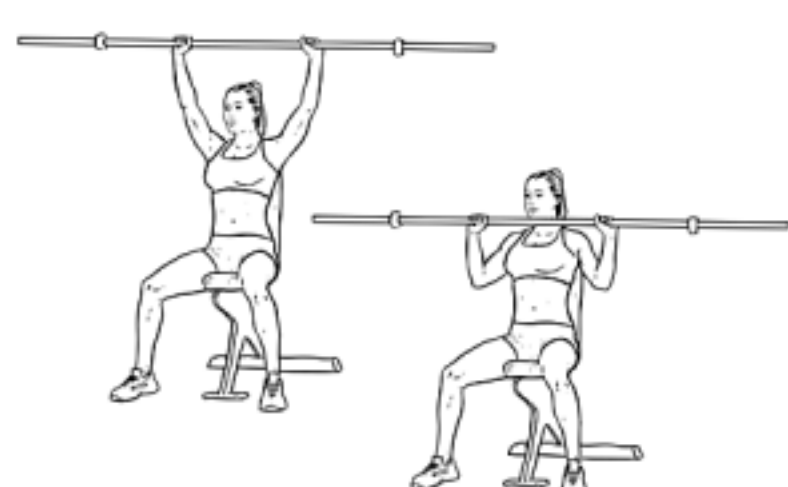
Tricep Dumbbell Kickback
3 sets / 15 reps



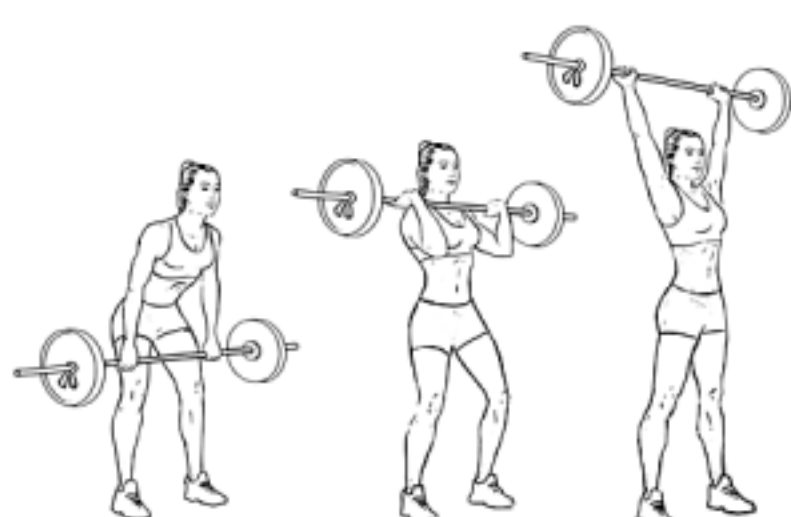
Spiderman Push-up
2 sets / 15 reps



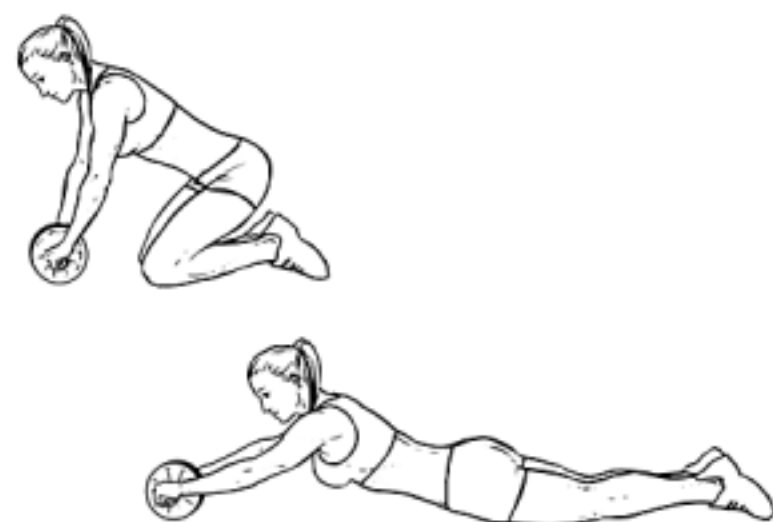
Inverted Row / Reverse Pull-up
2 sets / 15 reps



Barbell Shoulder Press / Overhead Press
1 sets / 20 reps



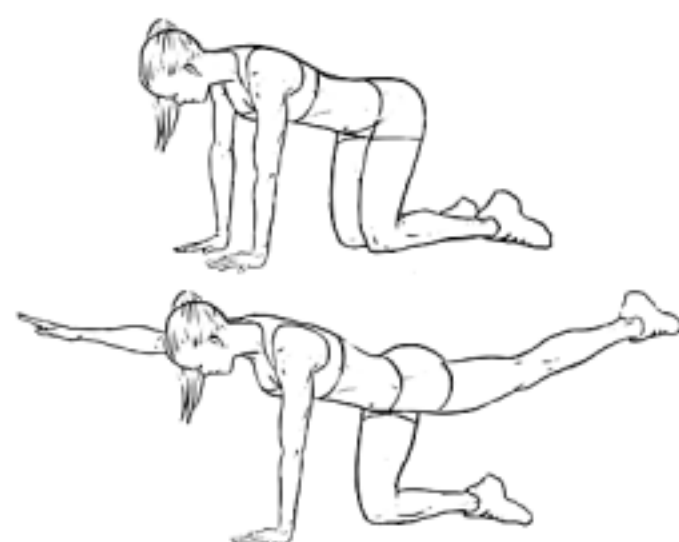
Barbell Clean and Press / Overhead Press
1 sets / 15 reps



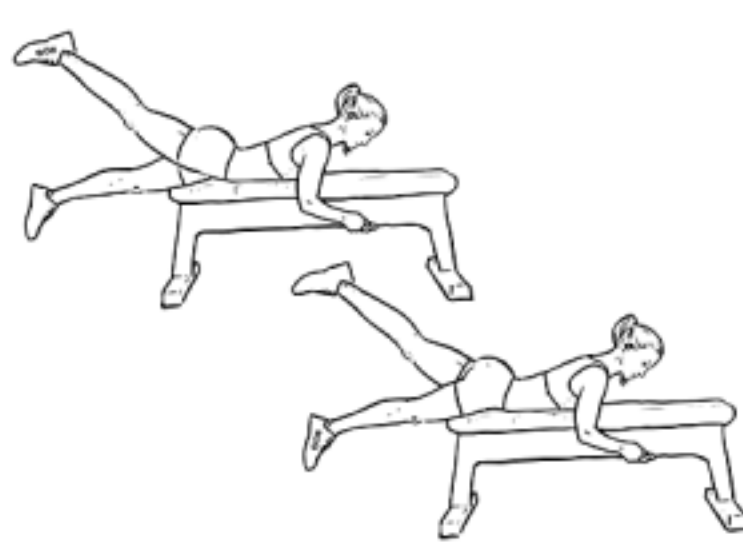
Ab Roller / Wheel Rollout / Kneeling Roll Extensions
1 sets / 25 reps



Alternate Heel Touchers / Lying Oblique Reach
1 sets / 30 reps



Bird Dogs / Alternating Reach & Kickback
1 sets / 30 secs



Bench Flutter Kicks
1 sets / 20 secs