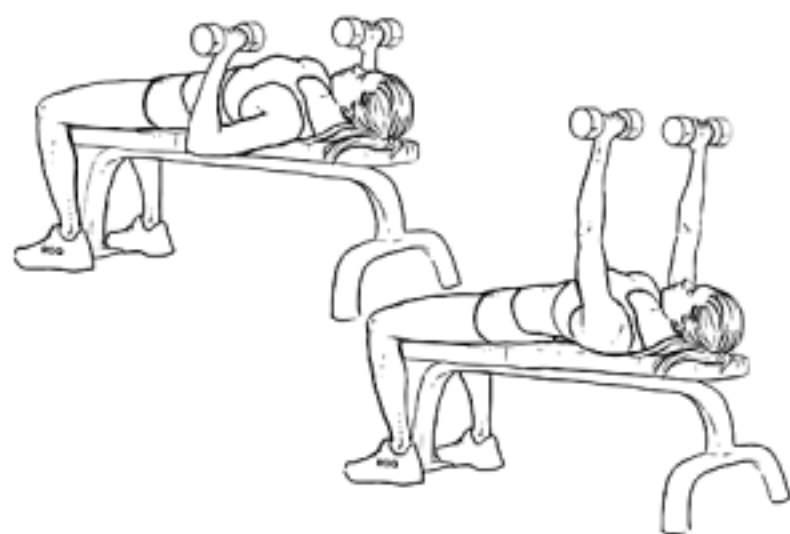


CLICK TO VIEW & PRINT

Upper Body A



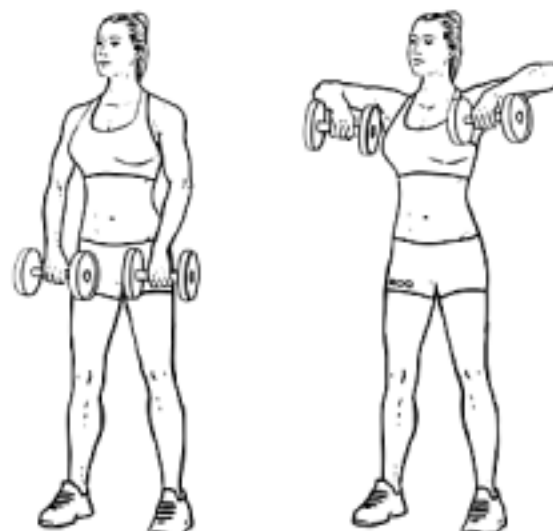
Dumbbell Flat Bench Press
3 sets / 10 reps



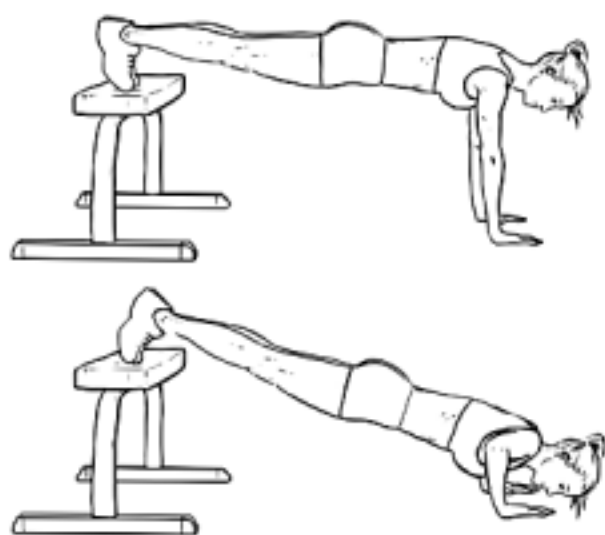
Triceps Dips
3 sets / 10 reps



Standing Dumbbell Overhead
Shoulder Press
3 sets / 10 reps



Upright Dumbbell Rows
3 sets / 10 reps



Decline Push-ups / Pushups
3 sets / 10 reps



Lying Dumbbell Tricep
Extensions
3 sets / 5 reps



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