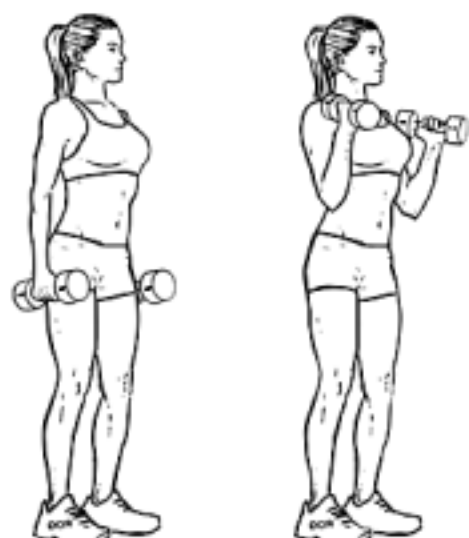
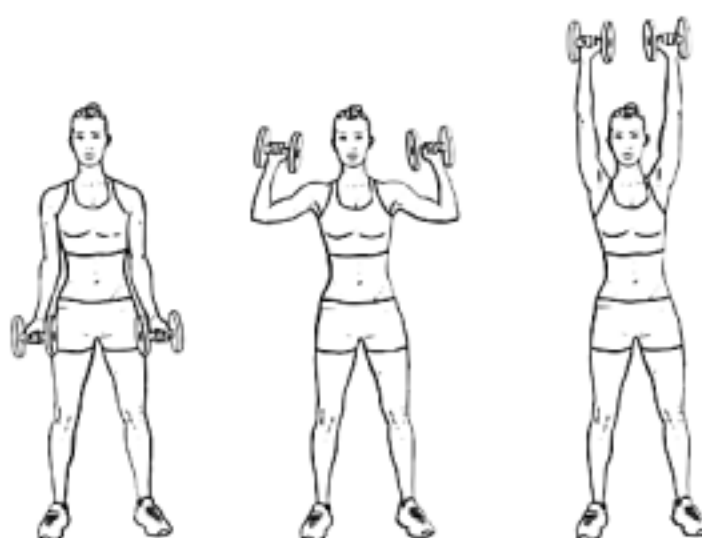


CLICK TO VIEW & PRINT

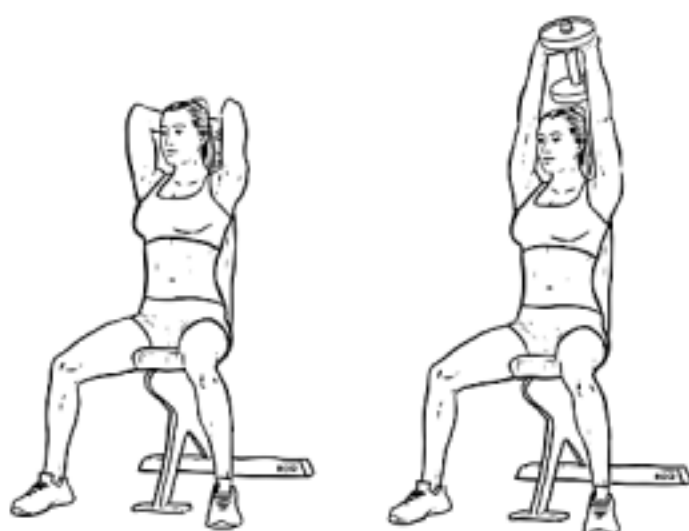
Upper Body Workout



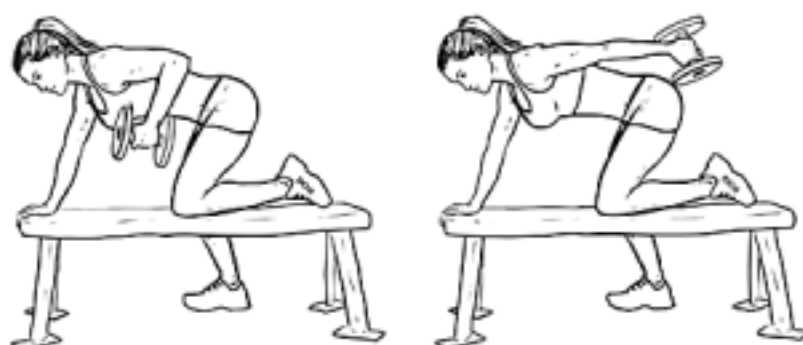
Standing Dumbbell Bicep Curls



Dumbbell Biceps Curl to Shoulder Press



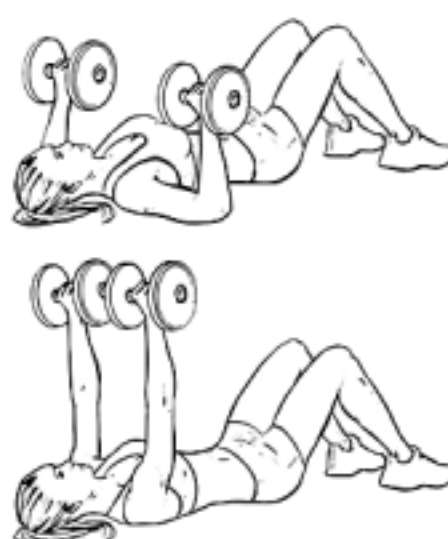
Seated Tricep Press / Overhead Extensions



Tricep Dumbbell Kickbacks



Crunches



Dumbbell Floor Chest Press

...and 4 more exercises