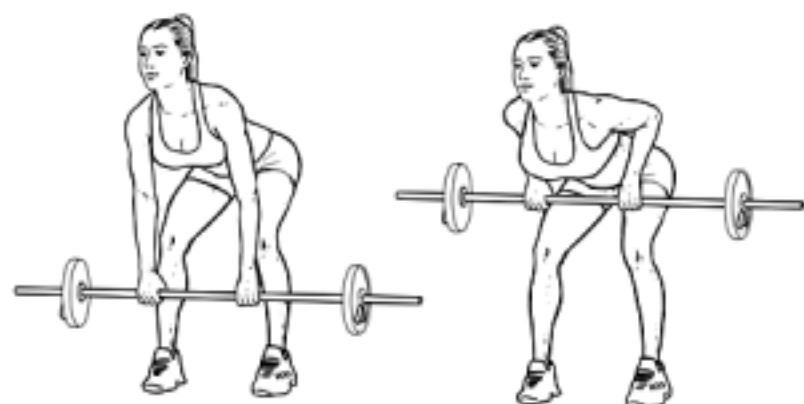
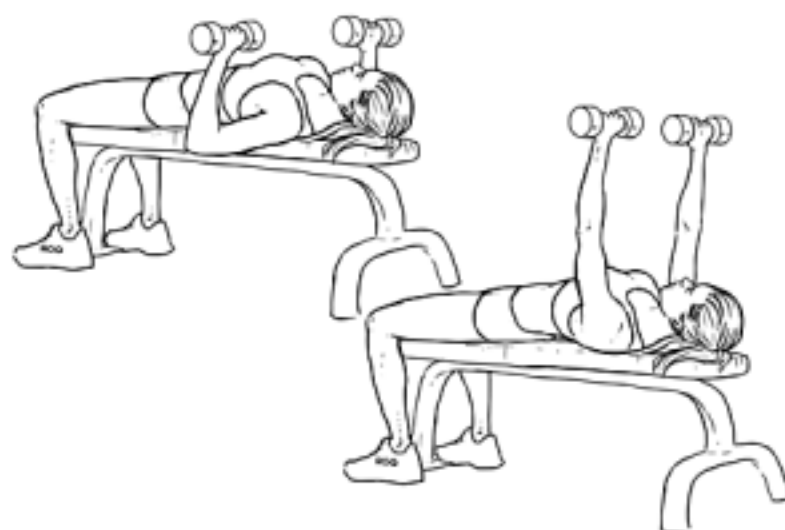


PRINTABLE WORKOUT

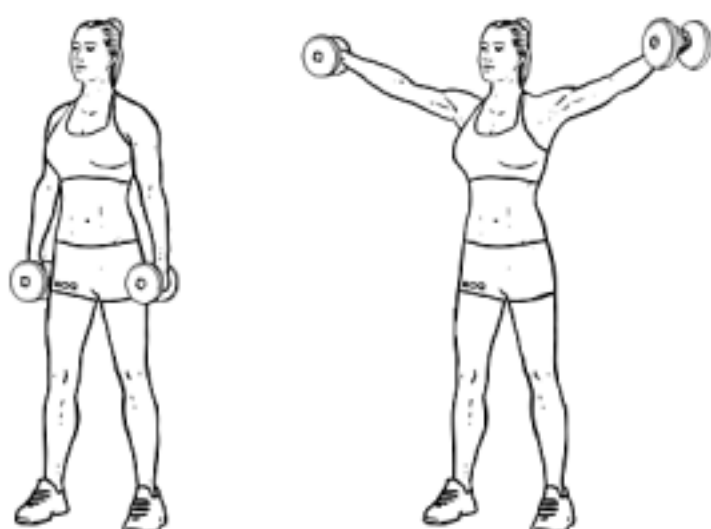
Thursday - Upper Body



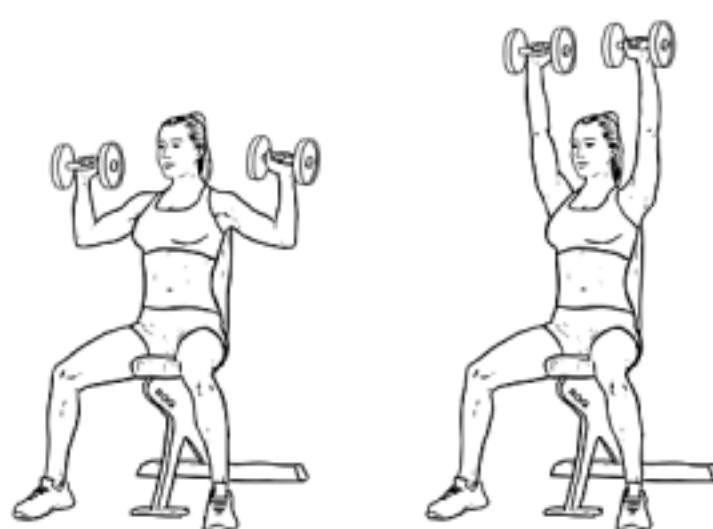
Bent Over Barbell Row
3 sets / 20 reps



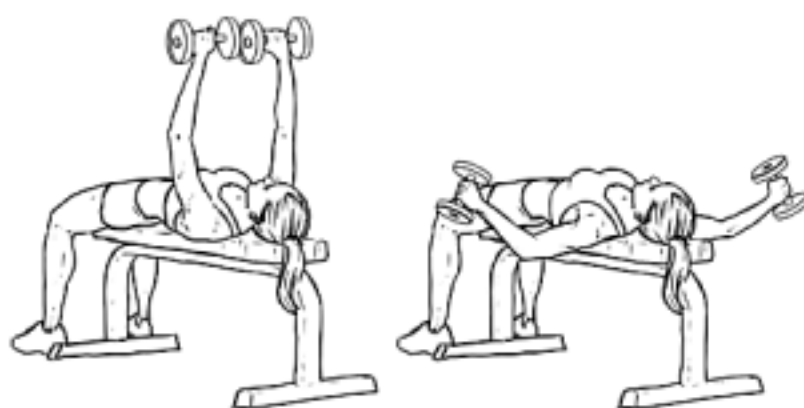
Dumbbell Flat Bench Press
3 sets / 20 reps



Dumbbell Lateral Raise /
Power Partial
3 sets / 20 reps



Dumbbell Overhead Shoulder
Press
3 sets / 20 reps



Flat Bench Dumbbell Fly
3 sets / 20 reps



One-Arm Dumbbell Row
3 sets / 20 reps



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