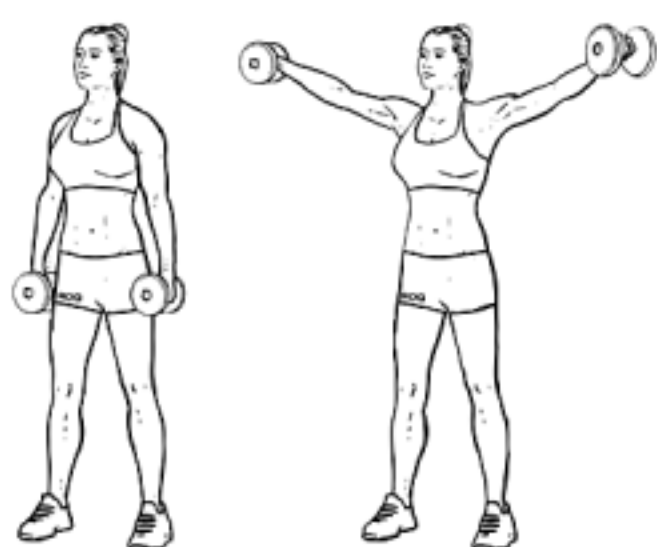


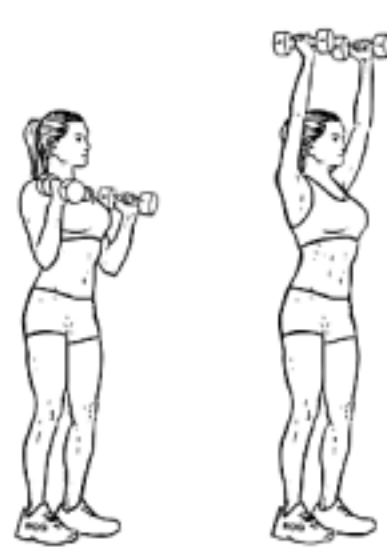
Click to view and print free

Shredded! - Upper-Body Toning Circuit



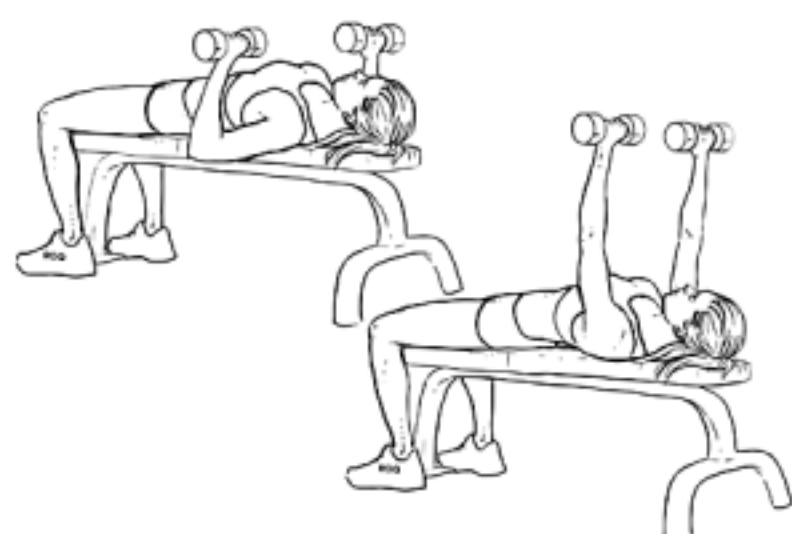
**Lateral Shoulder
Dumbbell Raises**

10 reps · 60 sec rest



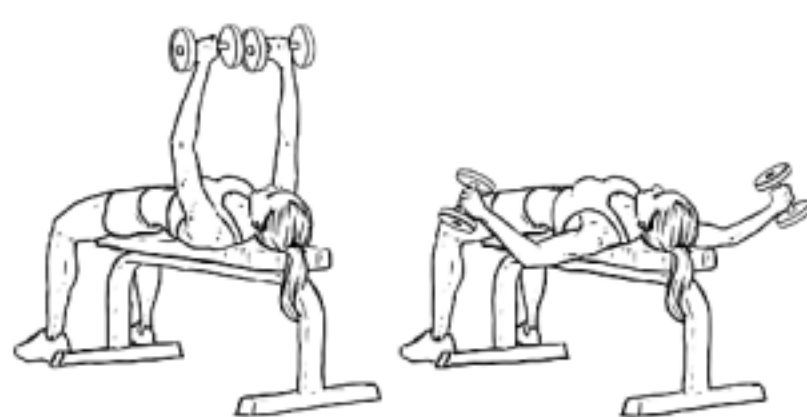
**Standing Dumbbell
Overhead Shoulder**

16 reps · 60 sec rest



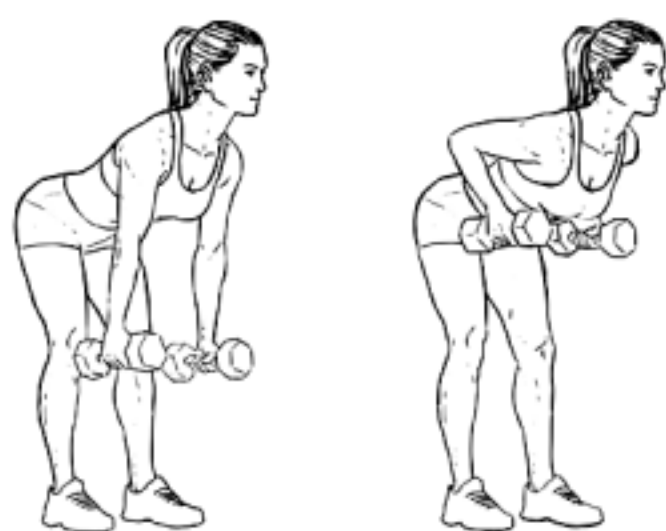
**Dumbbell Flat Bench
Press**

16 reps · 60 sec rest



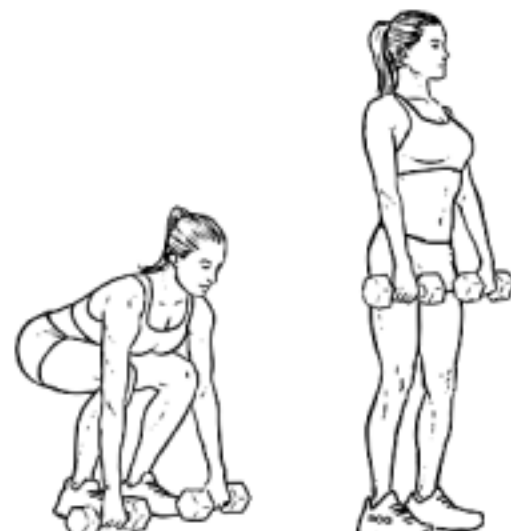
**Flat Bench Dumbbell
Flyes**

12 reps · 60 sec rest



**Standing Two-Armed
Bent Over Dumbbell**

16 reps · 60 sec rest



Dumbbell Deadlifts

16 reps · 60 sec rest

...and 3 more exercises



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