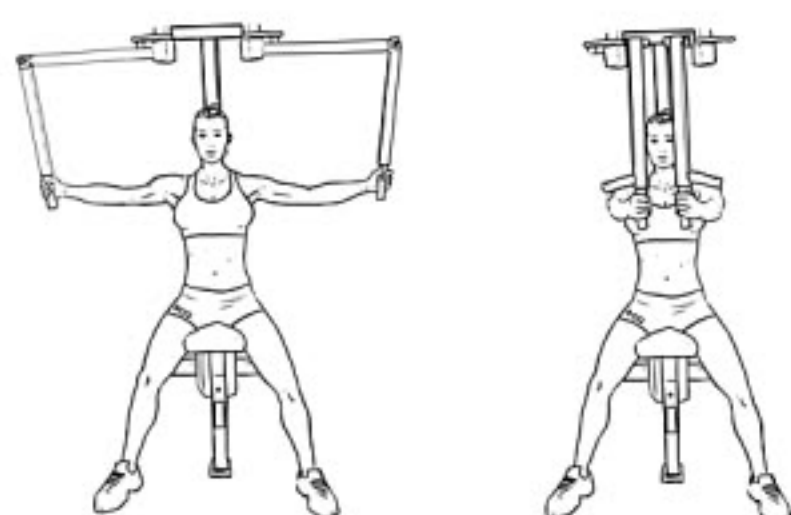
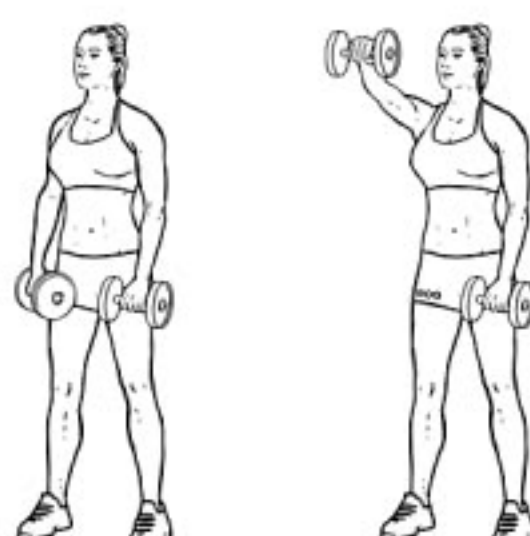


PRINTABLE WORKOUT

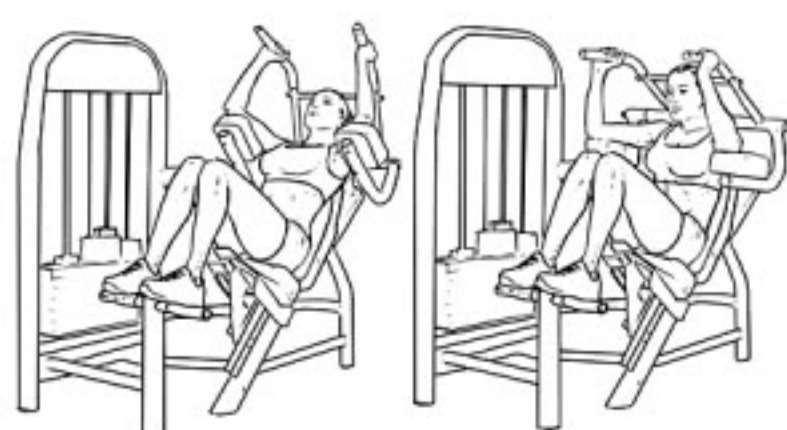
Total Body



Butterfly / Pec Deck /
Seated Machine Fly
3 sets / 12 reps



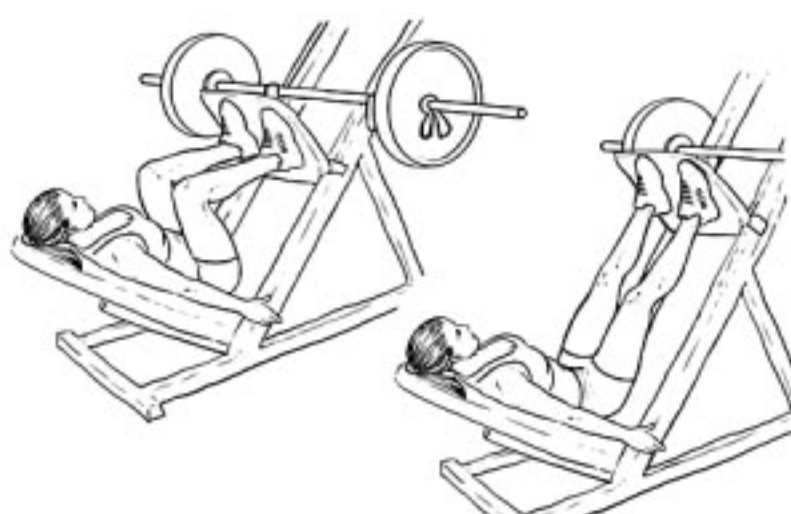
Forward / Front Dumbbell
Raise
3 sets / 12 reps



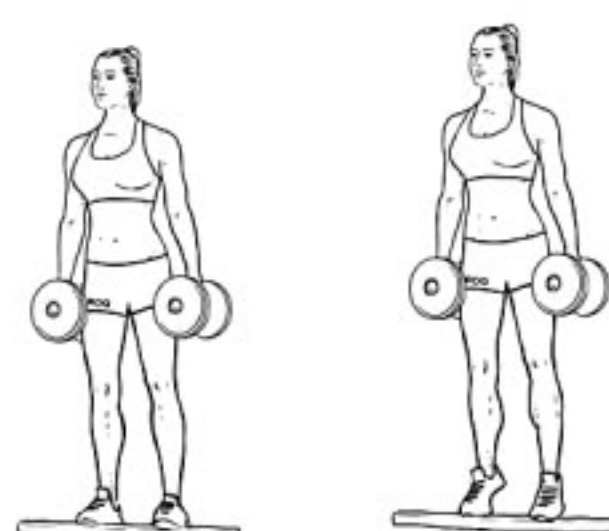
Ab Crunch Machine
3 sets / 12 reps



Leg Pull-In Knee-up
3 sets / 15 reps



Leg Press / Machine Squat
Press
3 sets / 12 reps



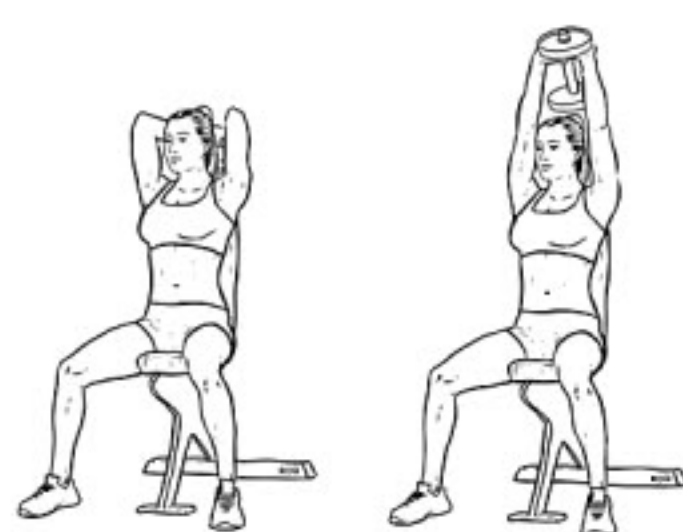
Standing Dumbbell Calf
Raise
3 sets / 30 reps



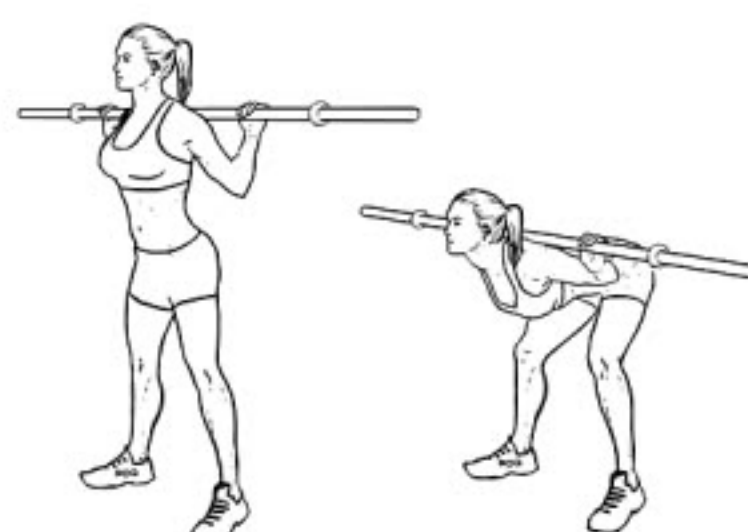
Single Leg Glute Bridge /
Hip Extension
3 sets / 30 reps



Fire Hydrants / Abductor
Knee Raise
3 sets / 30 reps



Seated Tricep Press /
Overhead Extension
3 sets / 12 reps



Barbell Good Morning
3 sets / 12 reps