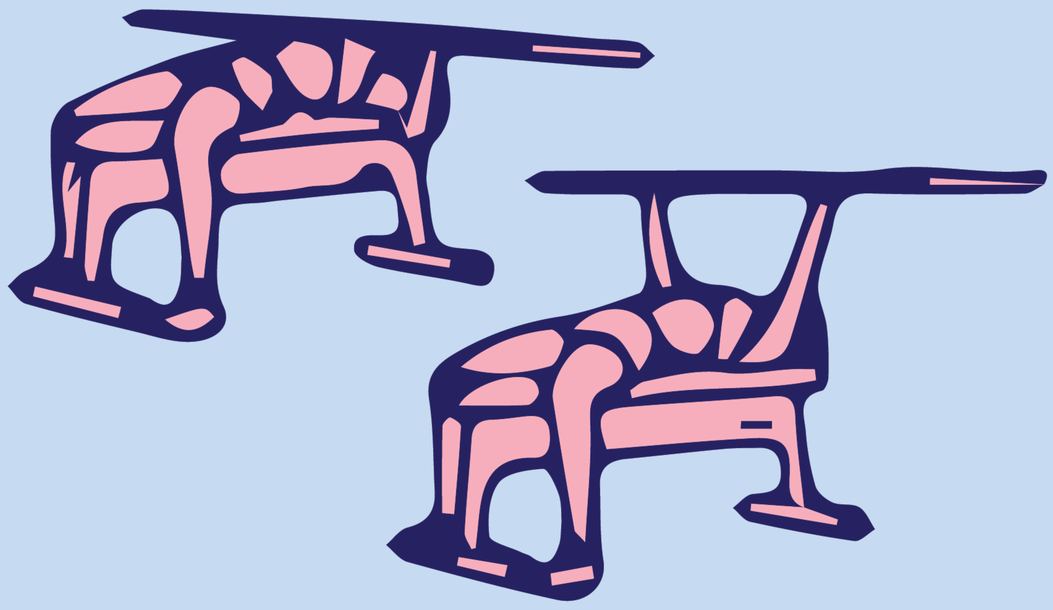
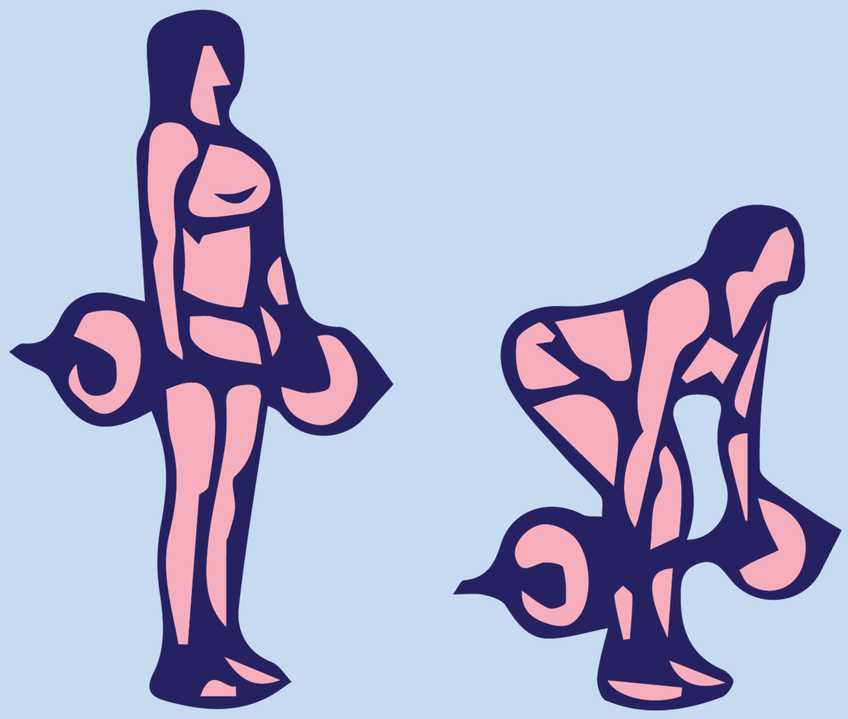
Upper Body Workout



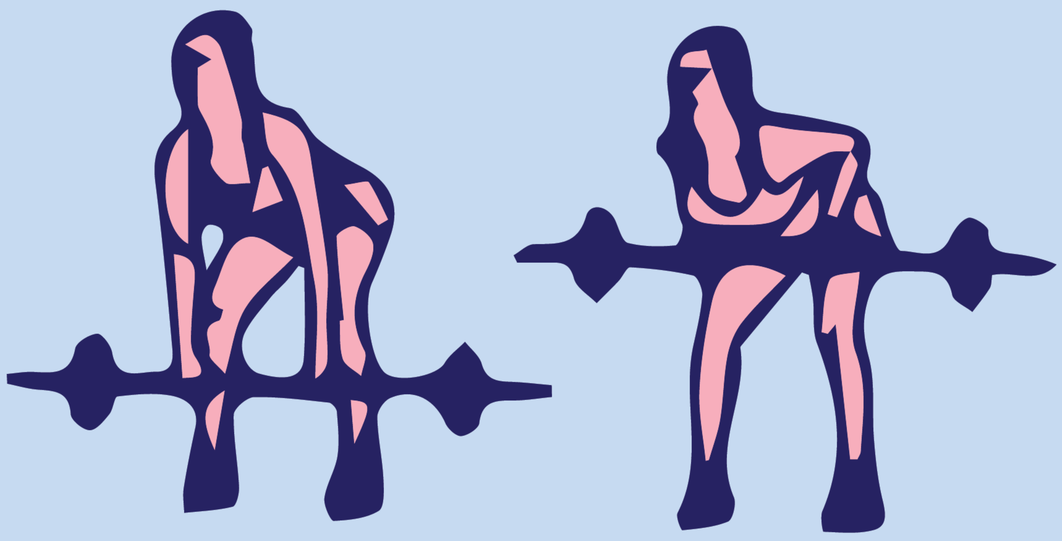
Barbell Bench Press

3 Sets - 15 Reps - 10 lbs



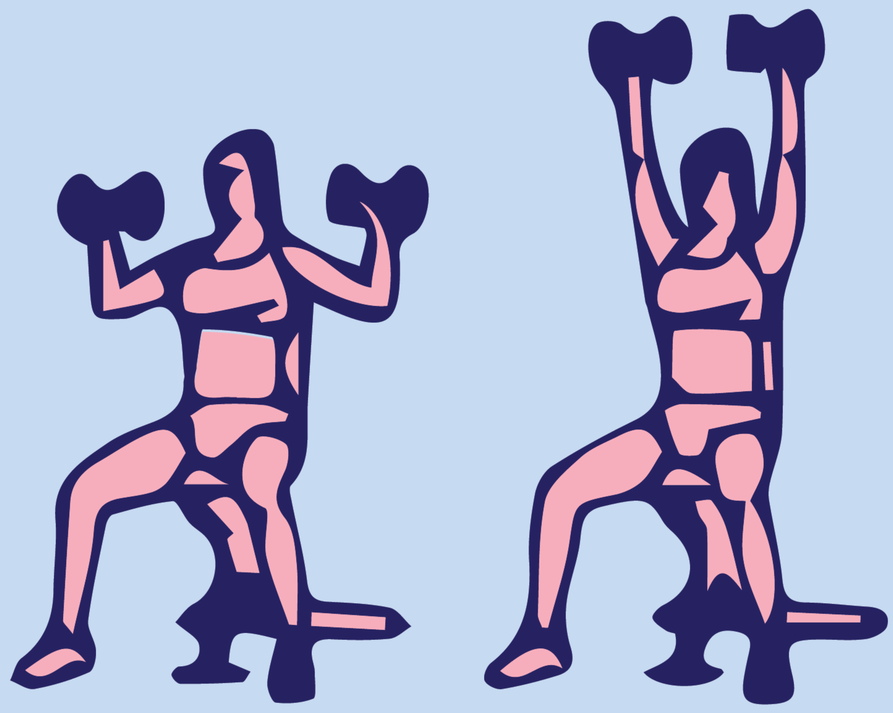
Barbell Dead Lifts

3 Sets - 15 Reps - 10 lbs



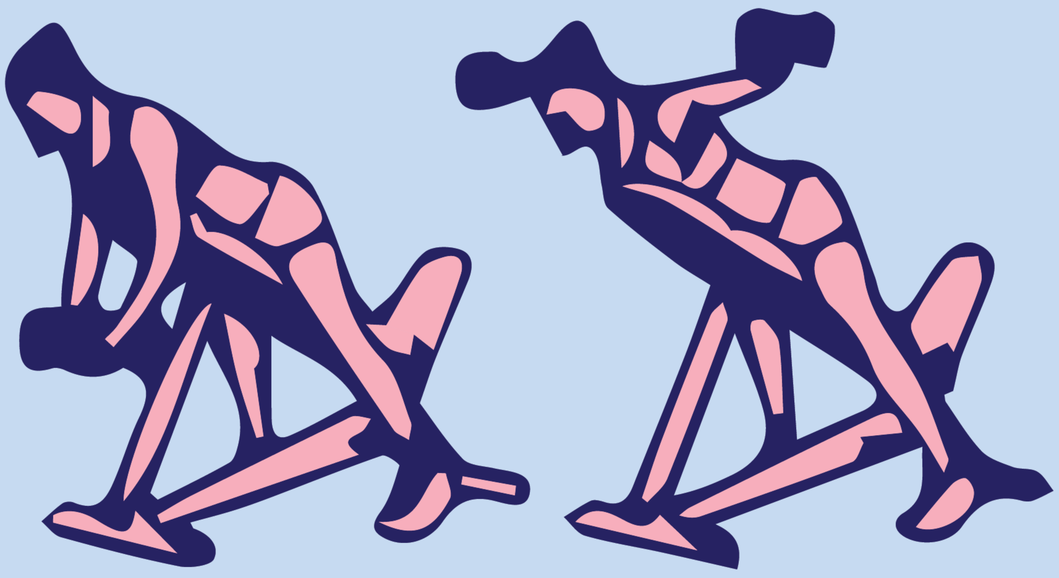
Bent Over Barbell Rows

3 Sets - 15 Reps - 10 lbs



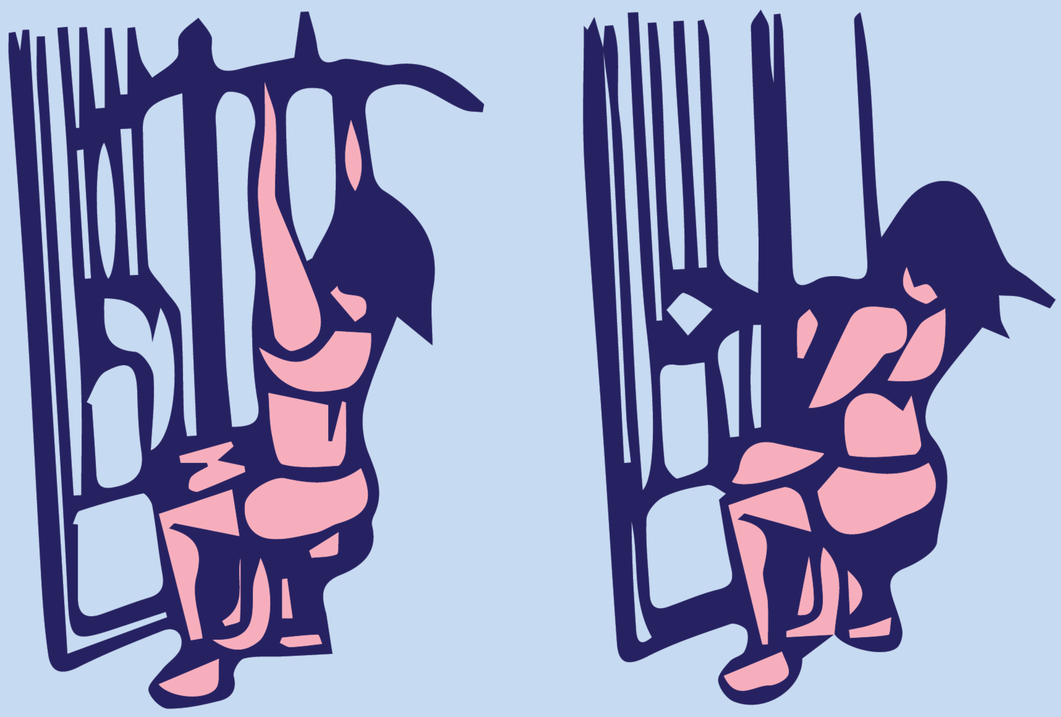
Dumbell Overhead Barbell Press

3 Sets - 15 Reps - 10 lbs



Reverse Fliers

3 Sets - 15 Reps - 3 lbs



Close Grip Lat Pulldowns

3 Sets - 15 Reps