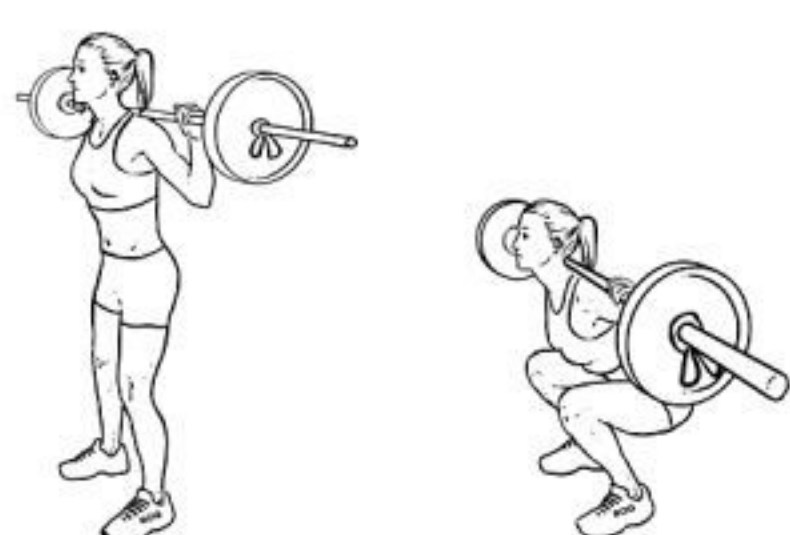
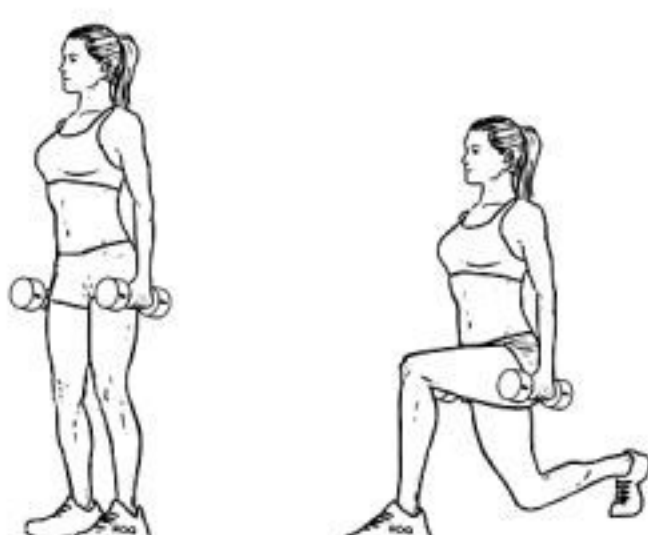


PRINTABLE WORKOUT

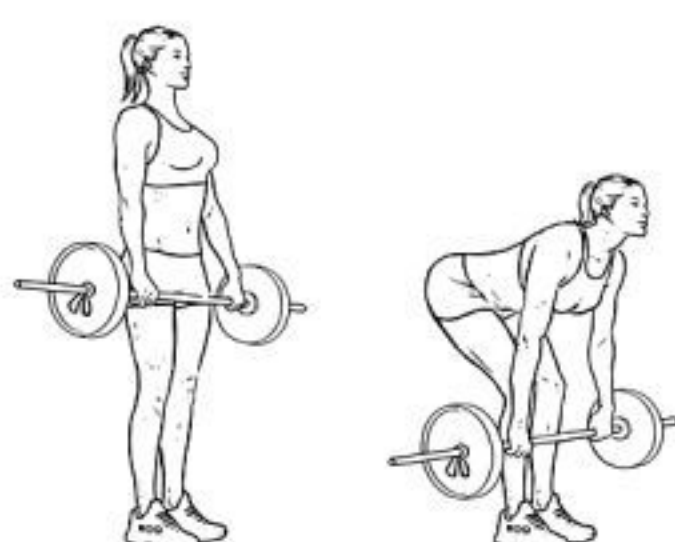
Full Body Workout



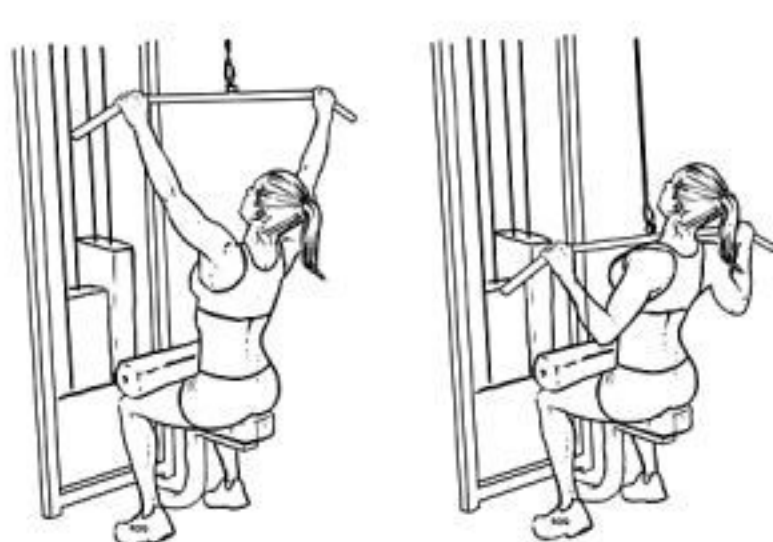
Barbell Squat
3 sets / 10 reps



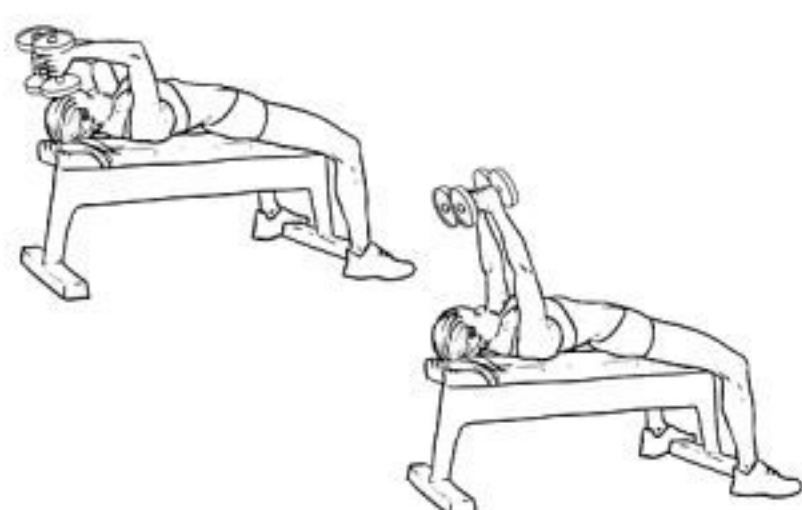
Dumbbell Lunges
3 sets / 10 reps



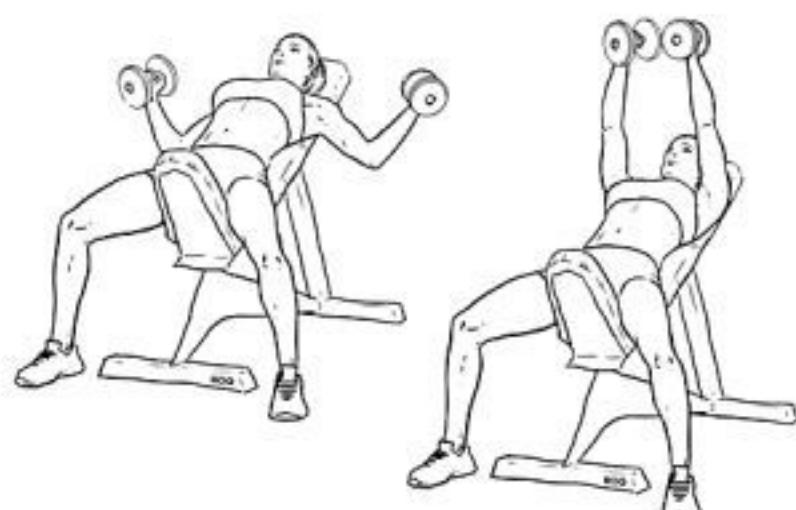
Barbell Deadlift
3 sets / 10 reps



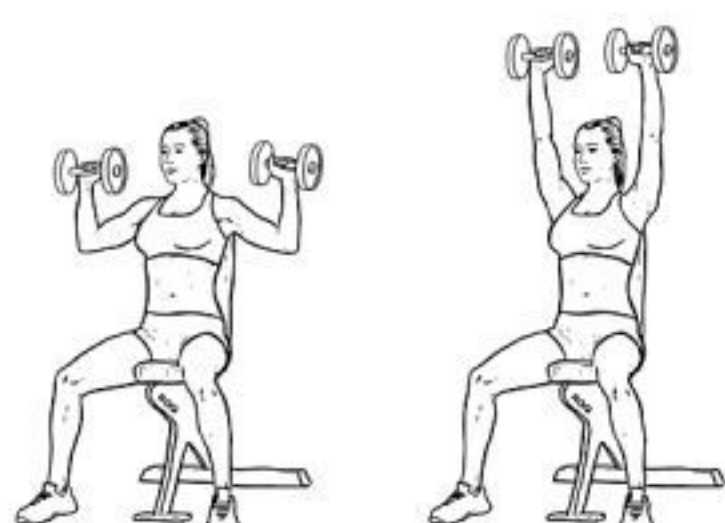
Wide-Grip Lat Pulldown
3 sets / 10 reps



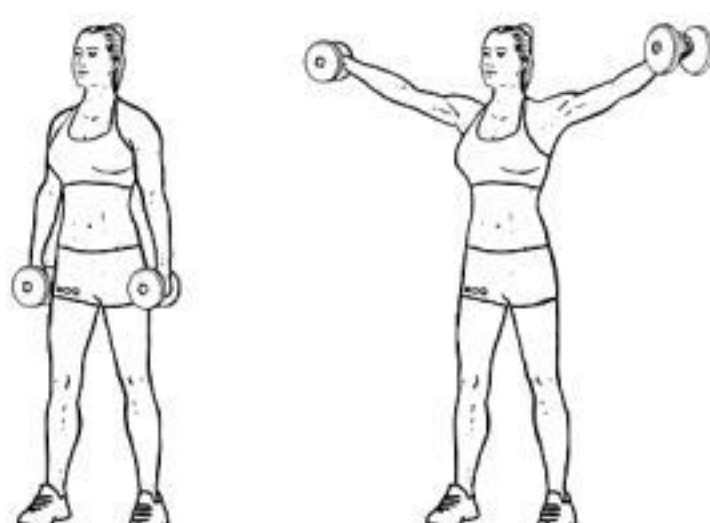
Lying Dumbbell Tricep Extension
3 sets / 10 reps



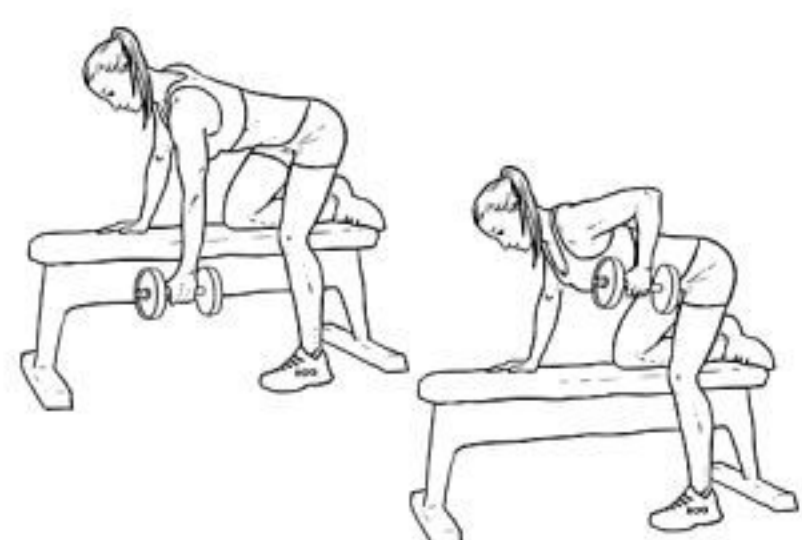
Incline Dumbbell Fly
3 sets / 10 reps



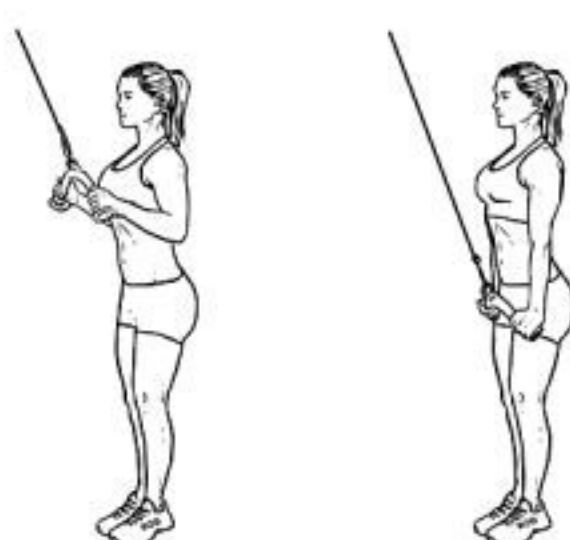
Dumbbell Shoulder Press
3 sets / 10 reps



Dumbbell Lateral Raise (Power Partial)
3 sets / 10 reps



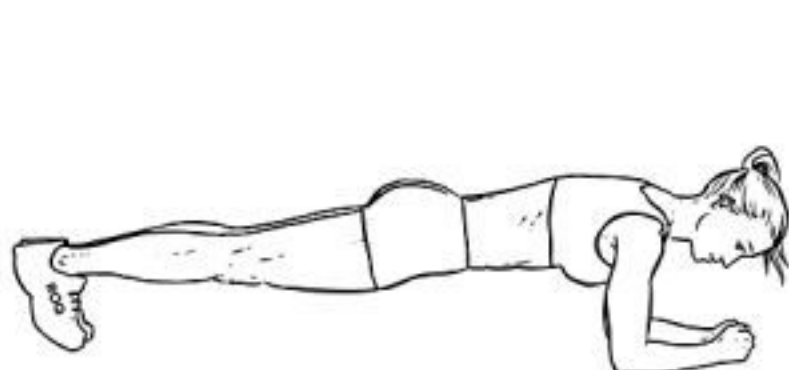
One Arm Dumbbell Row
3 sets / 10 reps



Triceps Cable Pushdown
3 sets / 10 reps



Cross-Body Crunch
3 sets / 20 reps



Plank
3 sets / 60 reps