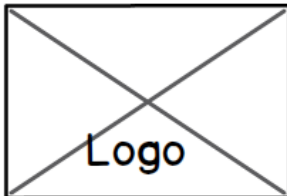




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Artificial Intelligence Fitness App

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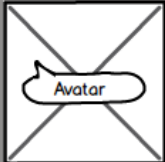
HEADER OF 162px height

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I finished my FAI exercise

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My Workout Routine Program

WEEK 1 / Monday

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Dumbbell Lateral Raise - *Front hips with grip in internal ration.
Reps: 3 series of 8 reps

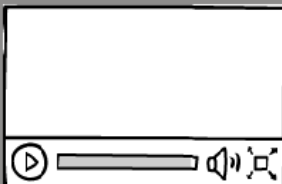
Primary Muscle: Lateral deltoid.

Secondary Muscle: Anterior deltoid, posterior deltoid, trapezius, supraspinatus.

Excution:

- 1- Standing upright, hold dumbbells at arms's length.
- 2-Raise arms out to the side in an arc until dumbbells reach shoulder level
- 3-lower dumbbels back down to hips.

*tilting the dumbbells with thumbs up external rotates the shoulder.



Cable Front Raise - *Unitary Raise.
Reps: 3 series of 8 reps

Primary Muscle: Anterior deltoid.

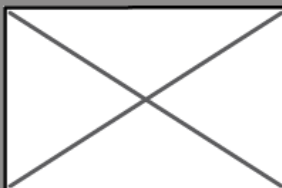
Secondary Muscle: Lateral deltoid, trapezius, upper pectoralis.

Excution:

- 1- Standing upright, with on hand, grab the D-handle attached to a low pulley, using a pronated grip (palm facing down).
- 2-Raise the handle in an upward arc to shoulder level, keeping the elbow stiff.
- 3-lower the handle back down to waist level.

*One hand each time.

Variation: short bar attachment - use both hand each serie

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