

# INTERMEDIATE PROGRAM

## BICEPS

### EZ-BAR CURL



## TRICEPS

### TRICEP DIPS



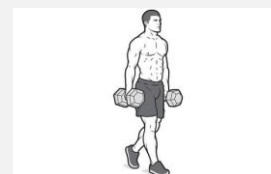
## SHOULDERS

### LATERAL FLIES



## TRAPS

### DUMBBELL FARMER'S WALK



## CHEST

### DUMBBELL BENCH PRESS



## UPPER BACK

### SINGLE-ARM DUMBBELL ROW



## LOWER BACK

### HYPEREXTENSION



## CORE

### CRUNCHES

