

BEGINNER PROGRAM

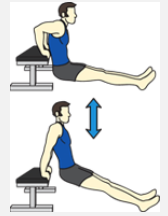
BICEPS

EZ-BAR CURL



TRICEPS

TRICEP DIPS



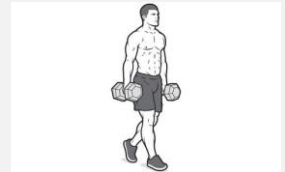
SHOULDERS

LATERAL FLIES



TRAPS

DUMBBELL FARMER'S WALK



CHEST

DUMBBELL BENCH PRESS



UPPER BACK

SINGLE-ARM DUMBBELL ROW



LOWER BACK

HYPEREXTENSION



CORE

CRUNCHES

