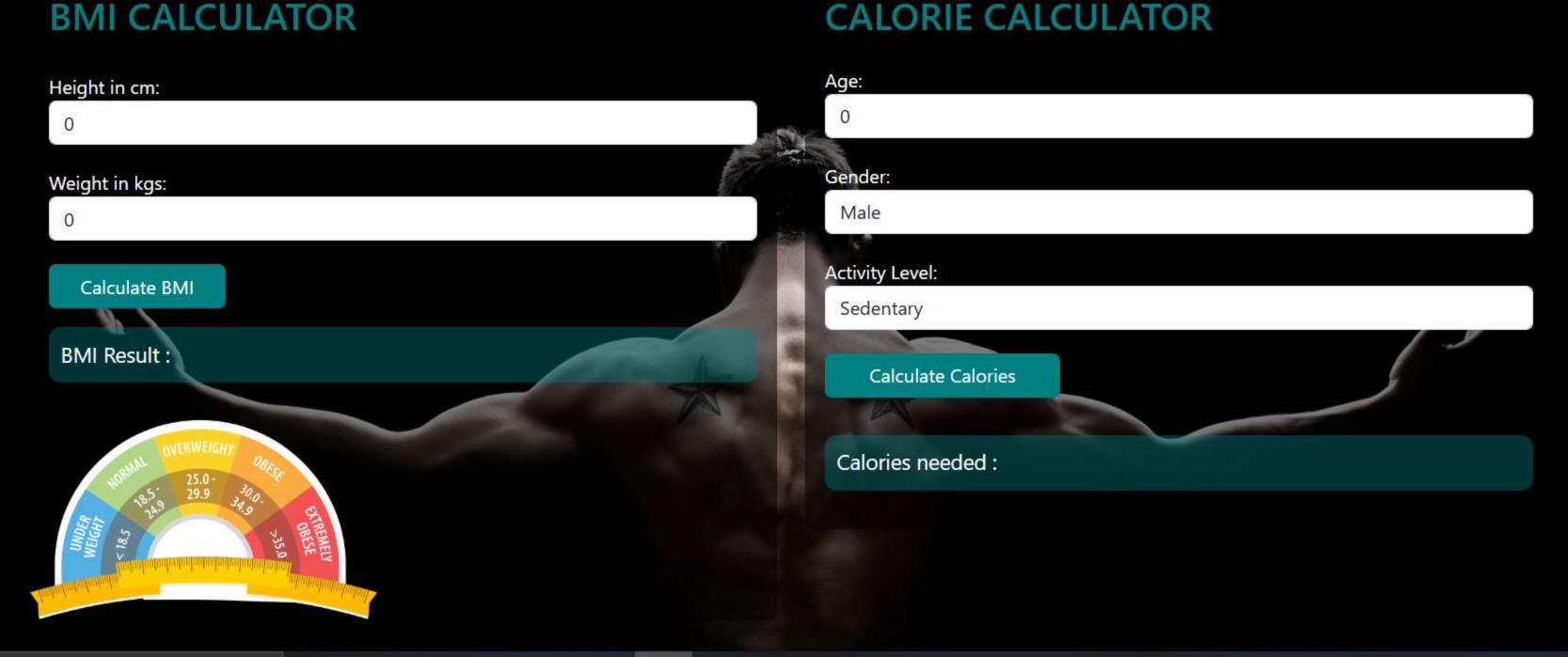


CALCULATORS WORKOUTS LOGIN



























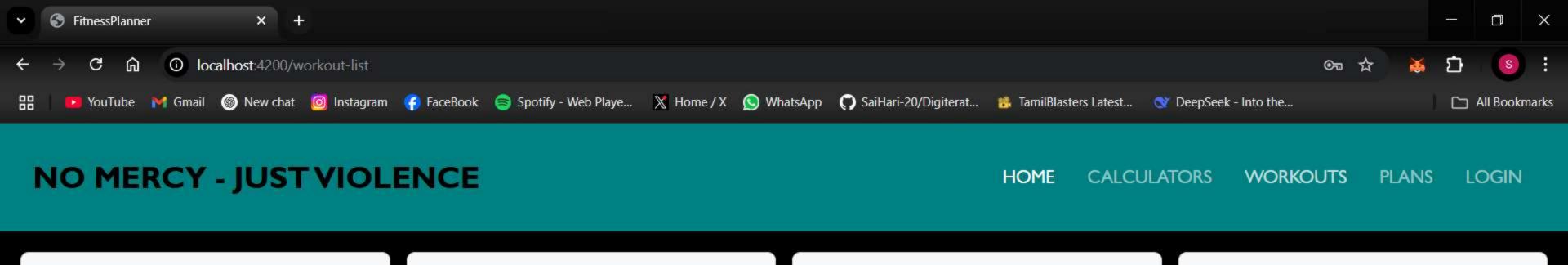




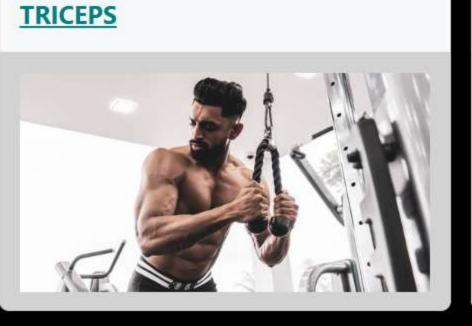








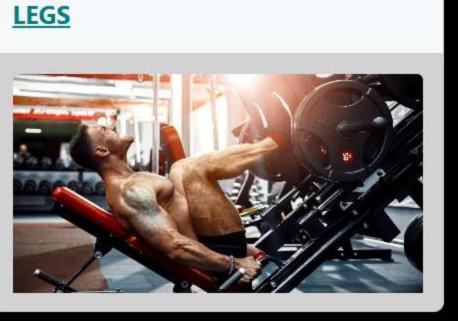


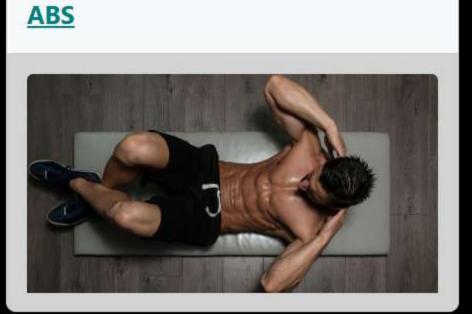


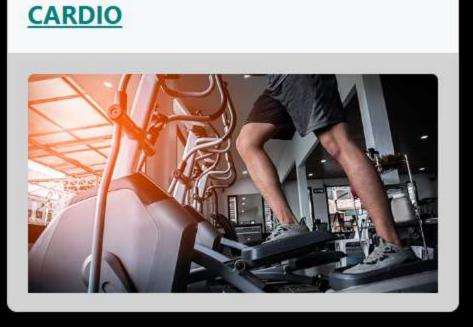


















































CHEST WORKOUTS



Bench Press

Equipment: Barbell

Focus: Middle Chest

Experience Level: Intermediate



Incline Dumbbell Press

Equipment: Dumbbells

Focus: Upper Chest

Experience Level: Intermediate



Push-Ups

Equipment: Bodyweight

Focus: Middle Chest

Experience Level: Beginner



Dips

Equipment: Parallel Bars

Focus: Lower Chest

Experience Level: Advanced



Cable Fly

Equipment: Cable Machine

Focus: Middle Chest

Experience Level: Intermediate



Decline Bench Press

Equipment: Barbell

Focus: Lower Chest

Experience Level: Advanced



Pec Deck Machine

Equipment: Machine

Focus: Middle Chest

Experience Level: Beginner



Dumbbell Fly

Equipment: Dumbbells

Focus: Middle Chest

Experience Level: Intermediate



Chest Press Machine

Equipment: Machine

Focus: Middle Chest

Experience Level: Beginner



Dumbbell Pullover

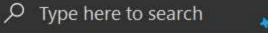
Equipment: Dumbbell

Focus: Upper Chest

Experience Level: Intermediate

























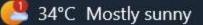
















BICEPS WORKOUTS



Barbell Curl

Equipment: Barbell

Focus: Biceps

Experience Level: Beginner



Dumbbell Curl

Equipment: Dumbbells

Focus: Biceps

Experience Level: Beginner



Hammer Curl

Equipment: Dumbbells

Focus: Biceps & Forearms

Experience Level: Beginner



Preacher Curl

Equipment: EZ Bar

Focus: Biceps

Experience Level: Intermediate



Concentration Curl

Equipment: Dumbbell

Focus: Biceps

Experience Level: Intermediate



Cable Biceps Curl

Equipment: Cable Machine

Focus: Biceps

Experience Level: Intermediate



Incline Dumbbell Curl

Equipment: Dumbbells

Focus: Biceps

Experience Level: Intermediate



Spider Curl

Equipment: Dumbbells

Focus: Biceps & Forearms

Experience Level: Advanced



Drag Curl

Equipment: Barbell or Dumbbells

Focus: Biceps

Experience Level: Advanced



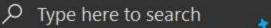
Zottman Curl

Equipment: EZ Bar

Focus: Biceps & Forearms

Experience Level: Advanced





















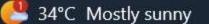




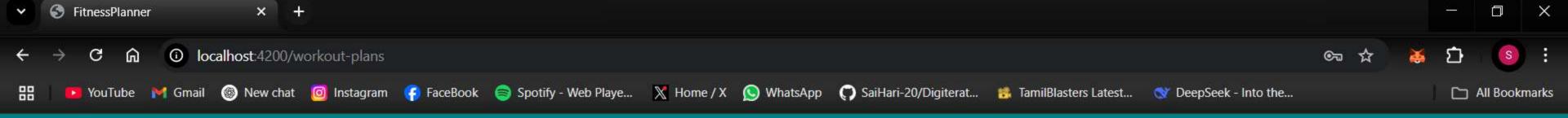












CALCULATORS WORKOUTS PLANS LOGIN































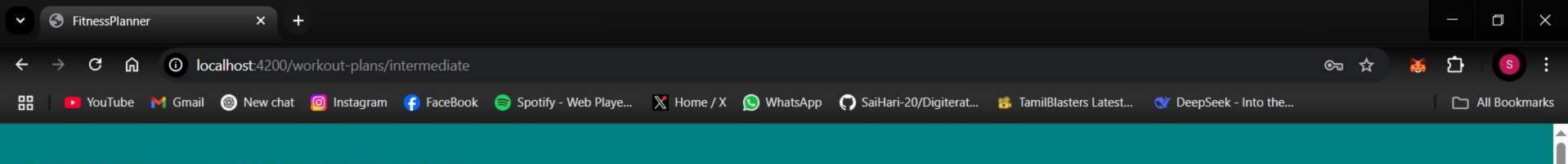






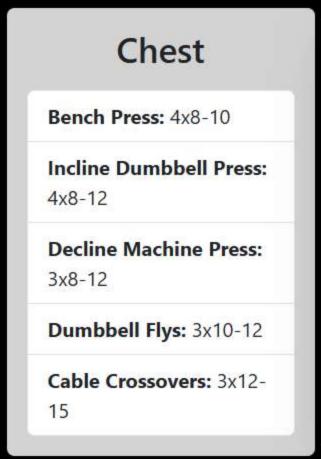


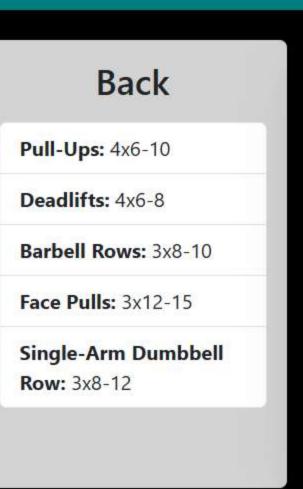


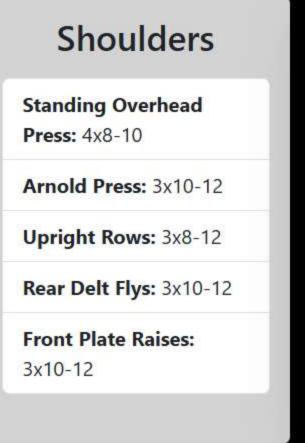


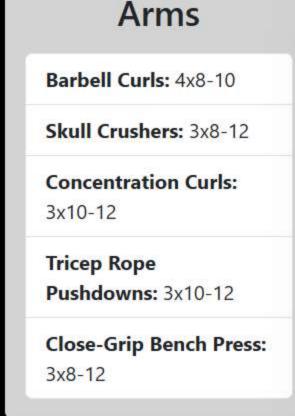
HOME CALCULATORS WORKOUTS PLANS LOGIN

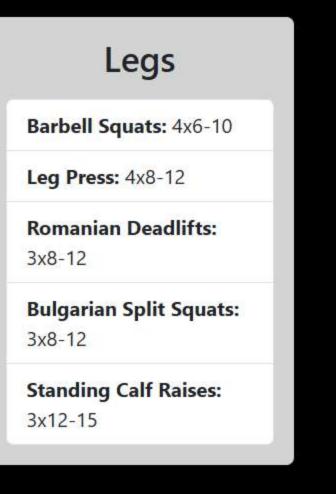
Intermediate Workout Plan









































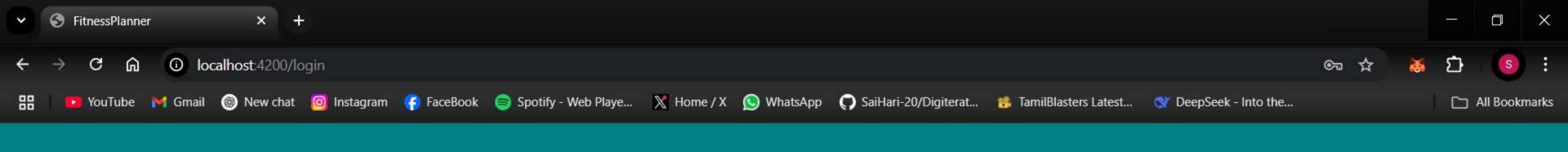












CALCULATORS WORKOUTS PLANS LOGIN

