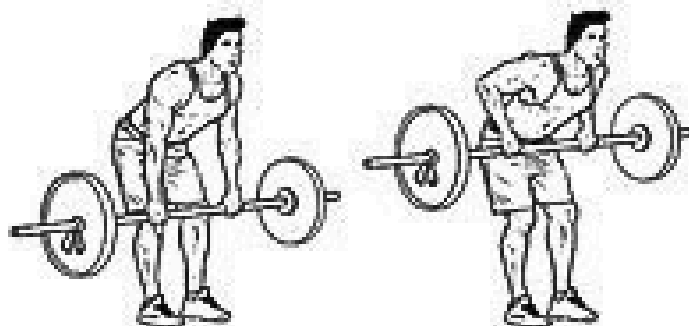
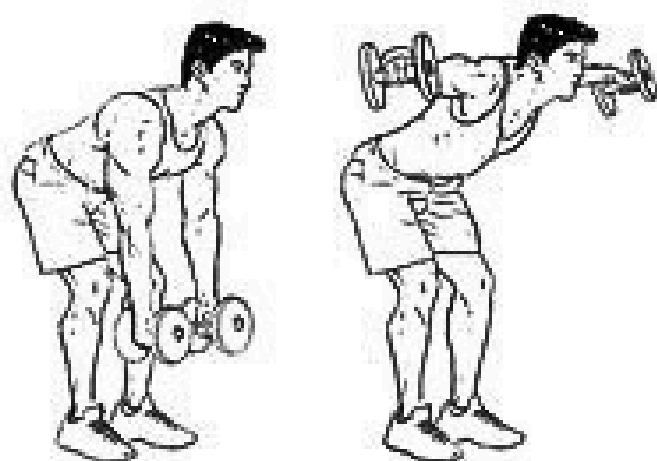


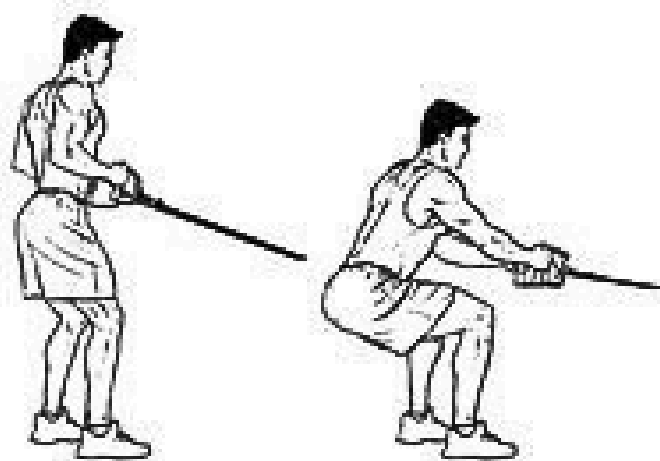
Inverted Rows / Reverse
Pull-ups
3 sets / 10 reps / 60 sec rest



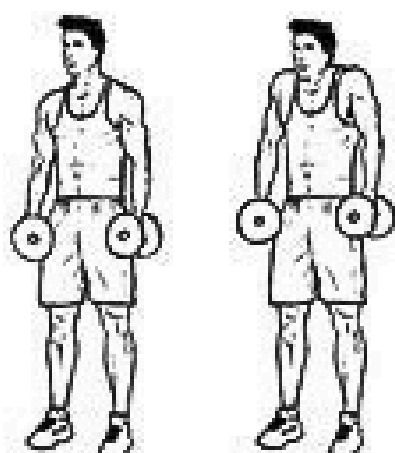
Bent Over Barbell Rows
4 sets / 10 reps / 60 sec rest



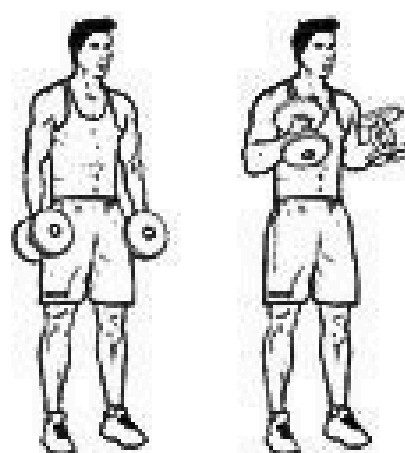
Dumbbell Bent Over Lateral
Rear Delt Raises / Flyes
3 sets / 12 reps / 60 sec rest



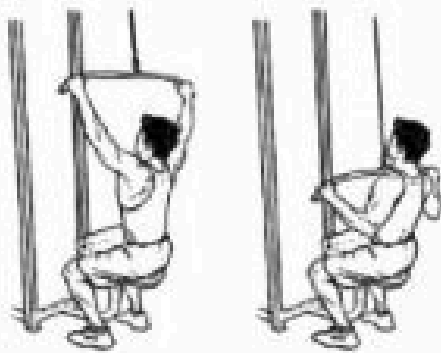
Cable Squat Rows / Row
Squats
4 sets / 12 reps / 60 sec rest



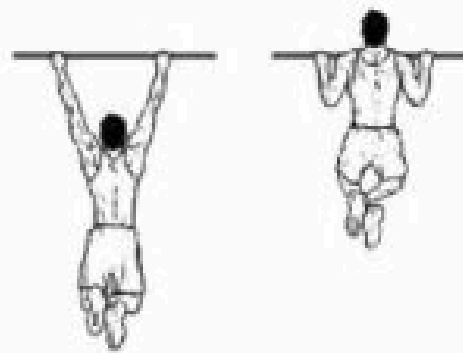
Dumbbell Shrugs
3 sets / 12 reps / 60 sec rest



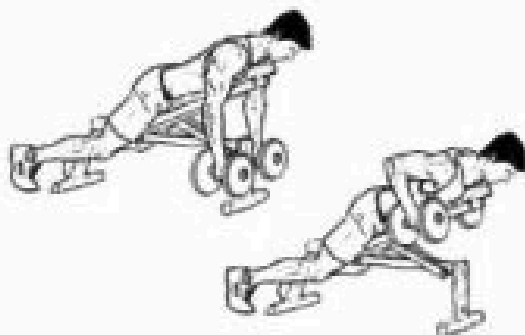
Standing Dumbbell Bicep
Hammer Curls
4 sets / 10 reps / 60 sec rest



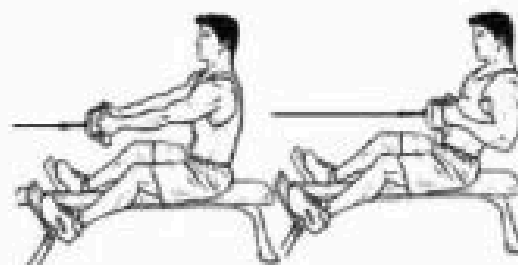
-Grip
Pulldown
3 sets / 10 reps



Pullup
4 sets / 10 reps



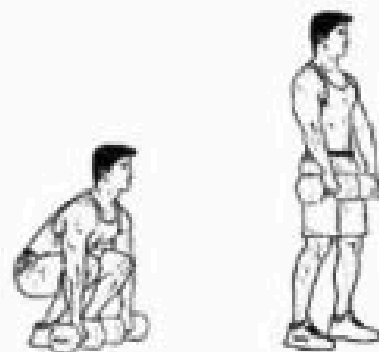
Row
4 sets / 12 reps



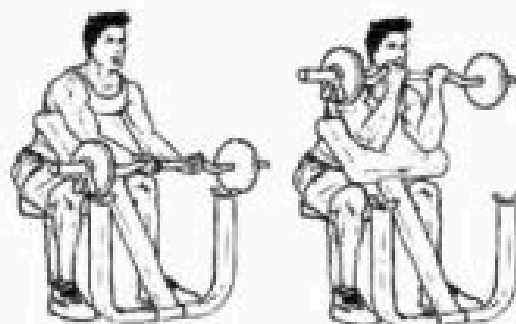
3 sets / 12 reps



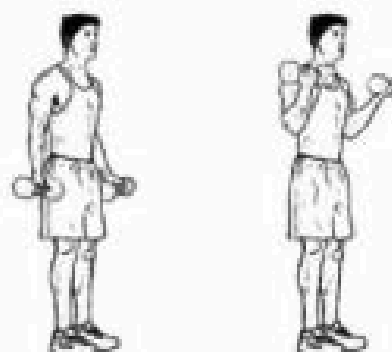
4 sets / 12 reps



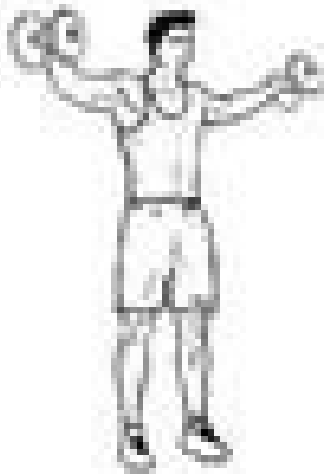
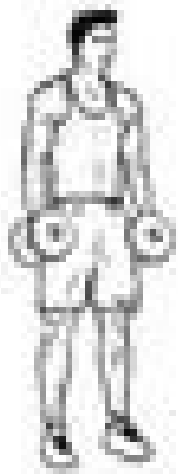
4 sets / 12 reps



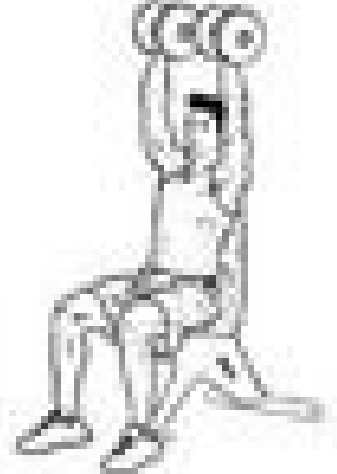
Curl
3 sets / 12 reps



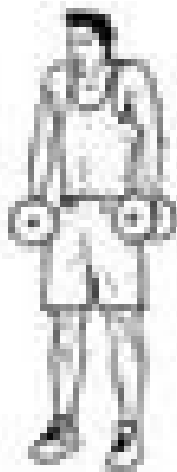
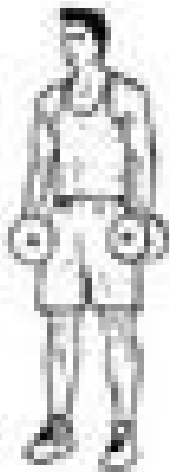
Curl
3 sets / 12 reps



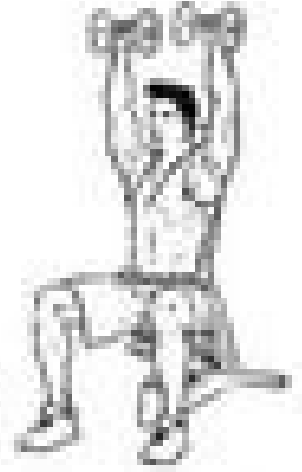
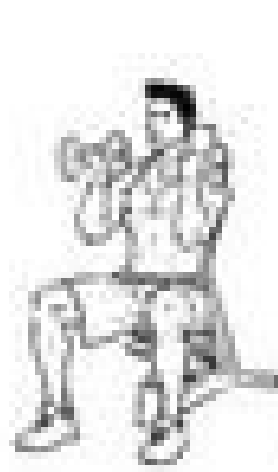
Dumbbell Lateral Raise /
Power Partial



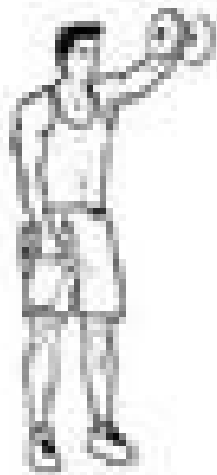
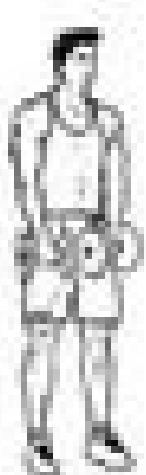
Dumbbell Overhead Shoulder
Press



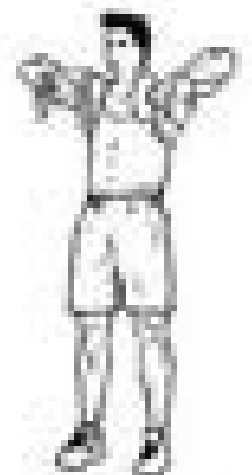
Dumbbell Shrug



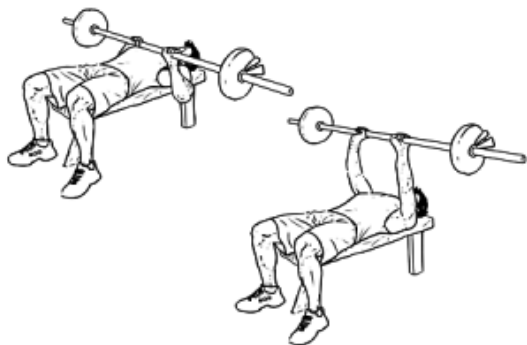
Seated Arnold Dumbbell
Press



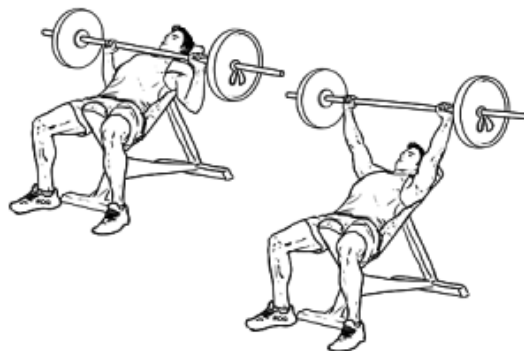
Forward / Front Dumbbell
Raise



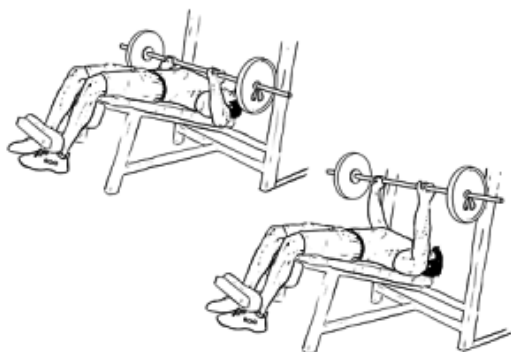
Upright Dumbbell Row



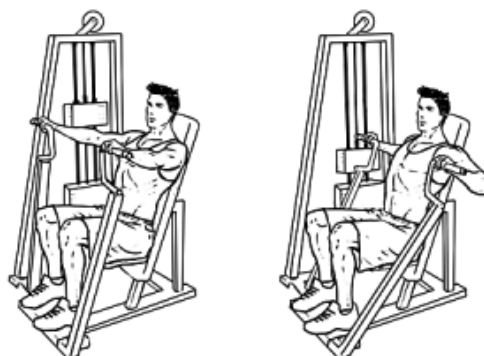
Close-Grip Overhand Barbell
Bench Press



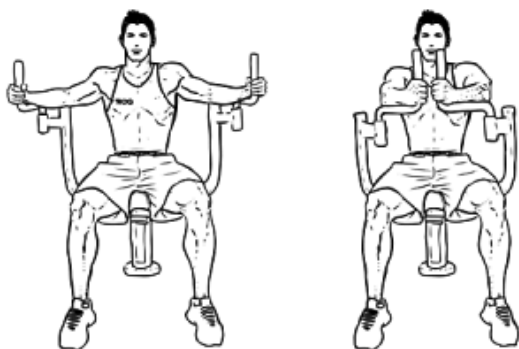
Incline Barbell Bench Press



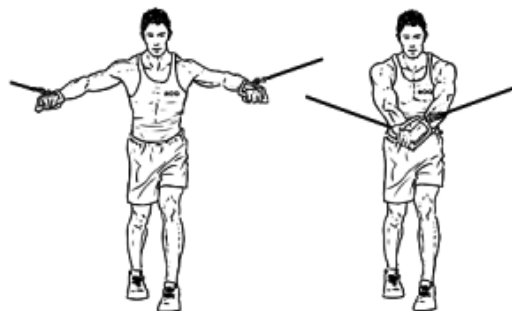
Decline Barbell Bench Press



Hammer Strength Machine
Chest Press



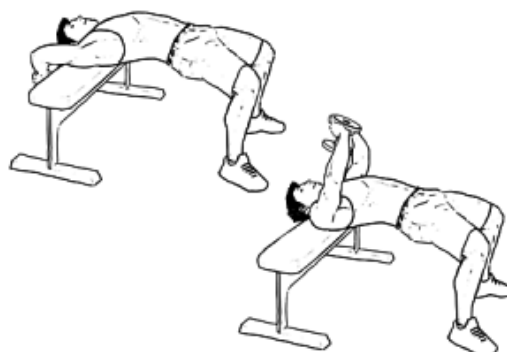
Butterfly / Pec Deck /
Seated Machine Fly



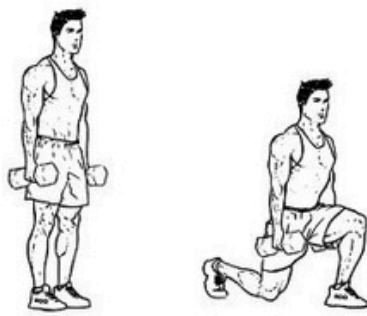
Standing Cable Crossover /
Fly



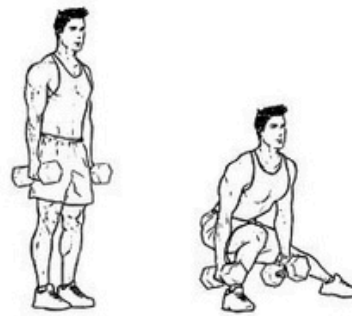
Triceps Dips



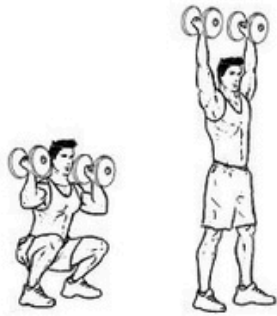
Dumbbell Pullover



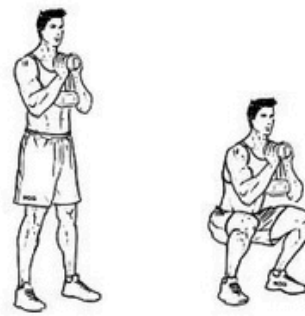
Dumbbell Lunges
4 sets / 10 reps



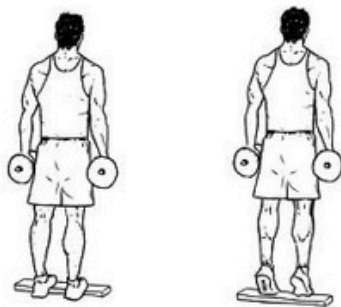
Dumbbell Side Lunge
4 sets / 10 reps



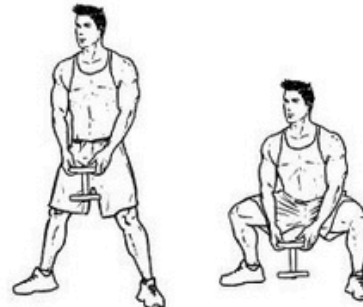
Dumbbell Squat Thrusters
4 sets / 10 reps



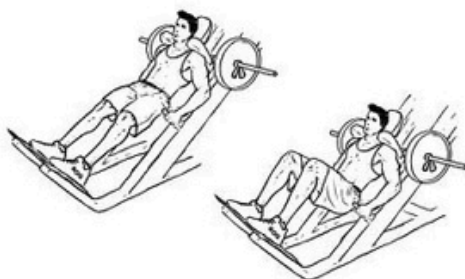
Goblet squat
4 sets / 10 reps



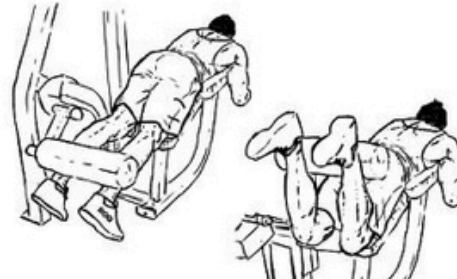
Standing Dumbbell Calf Raise
4 sets / 10 reps



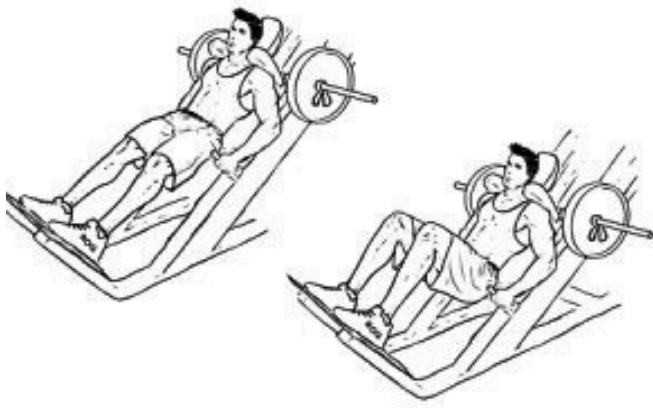
Plié / Sumo Dumbbell Squat / Deadlift
4 sets / 10 reps



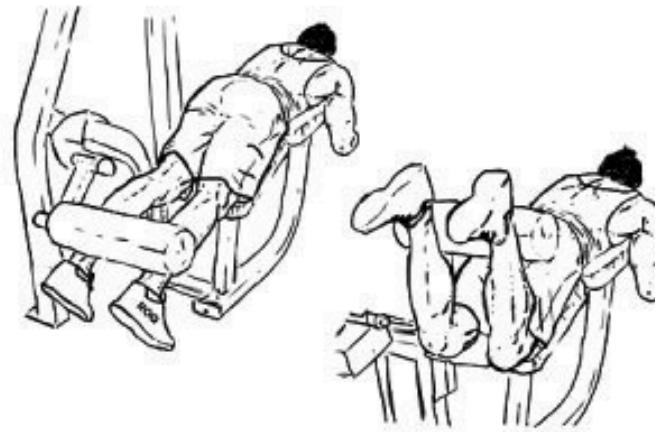
Machine Hack Squat
4 sets / 10 reps



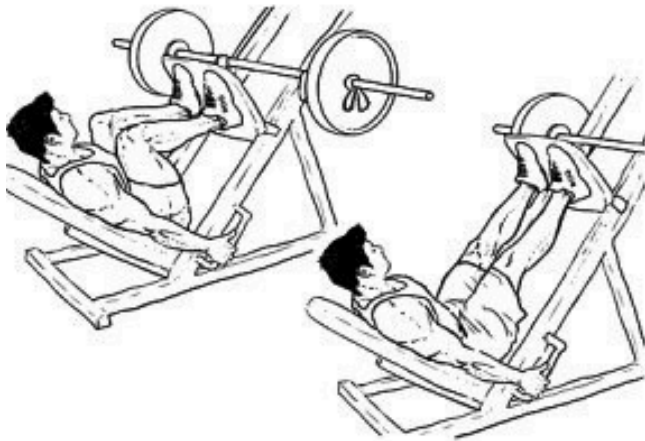
Lying Leg Curls
4 sets / 10 reps



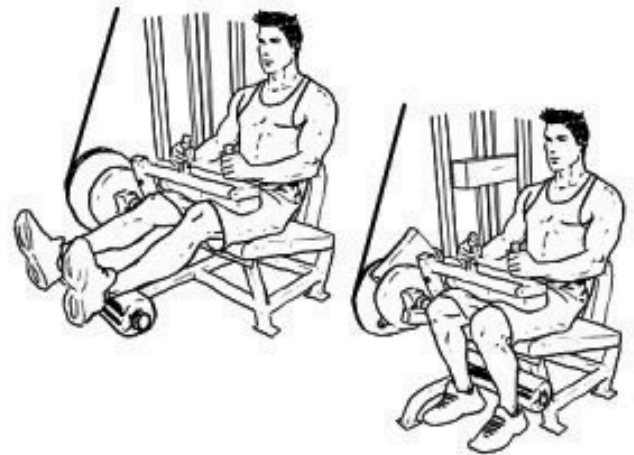
Machine Hack Squat
4 sets / 10 reps



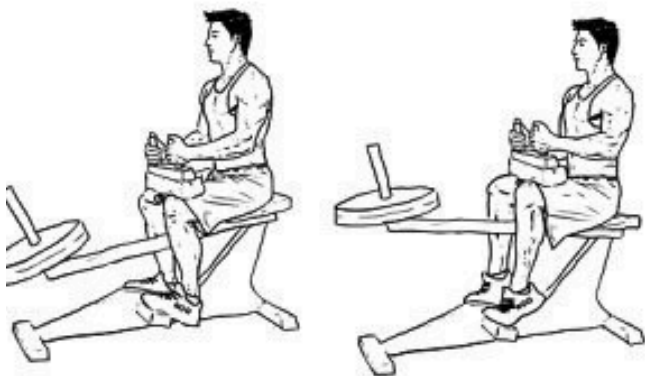
Lying Leg Curls
4 sets / 10 reps



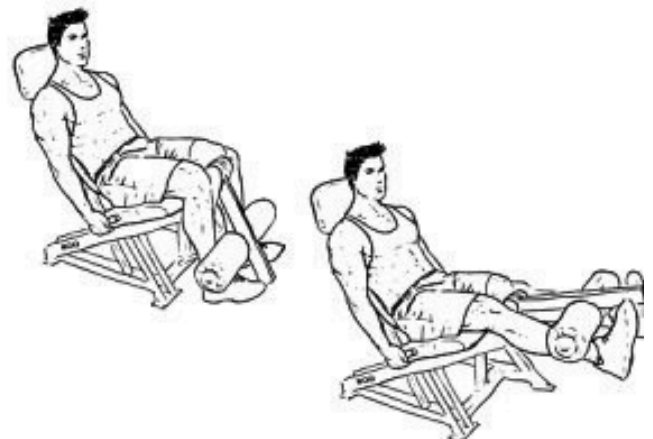
Leg Press
4 sets / 10 reps



Seated Leg Curls
4 sets / 10 reps



Seated Calf Raise
4 sets / 10 reps



Seated Machine Leg
Extensions
4 sets / 10 reps