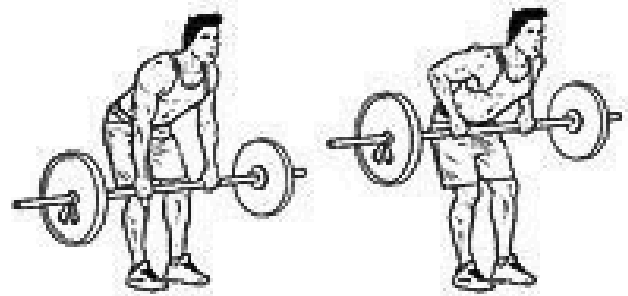
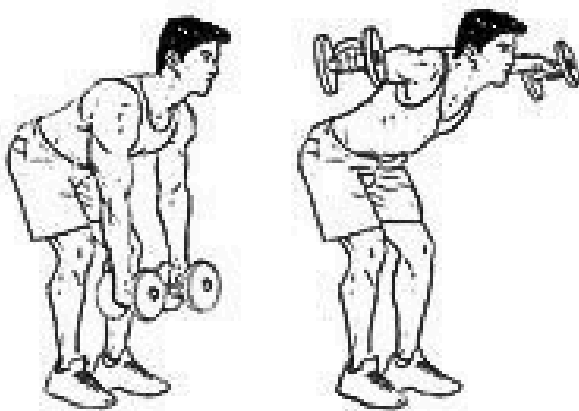


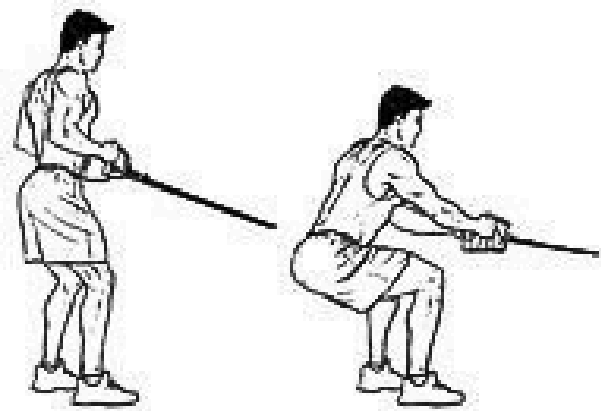
**Inverted Rows / Reverse
Pull-ups**
3 sets / 10 reps / 60 sec rest



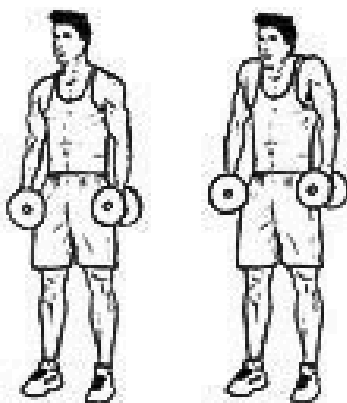
Bent Over Barbell Rows
4 sets / 10 reps / 60 sec rest



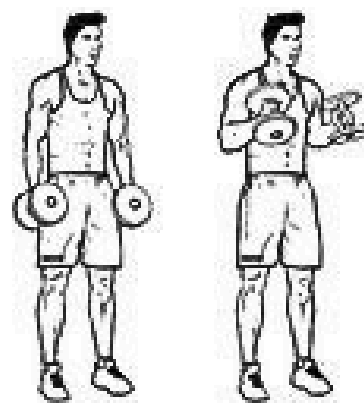
**Dumbbell Bent Over Lateral
Rear Delt Raises / Flyes**
3 sets / 12 reps / 60 sec rest



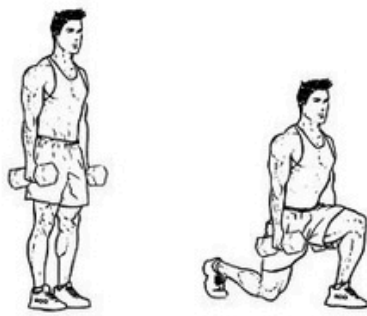
**Cable Squat Rows / Row
Squats**
4 sets / 12 reps / 60 sec rest



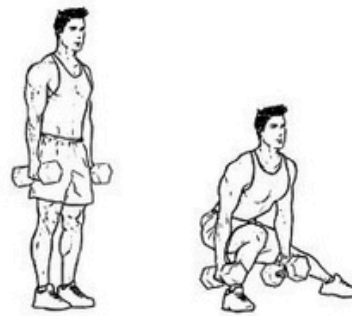
Dumbbell Shrugs
3 sets / 12 reps / 60 sec rest



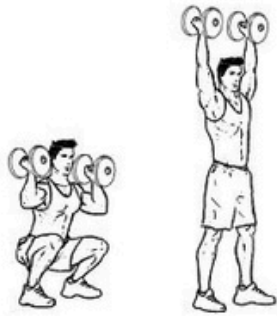
**Standing Dumbbell Bicep
Hammer Curls**
4 sets / 10 reps / 60 sec rest



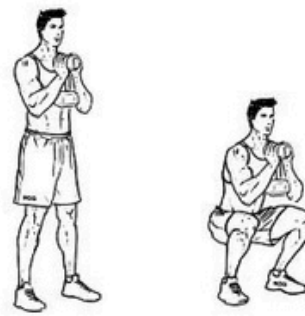
Dumbbell Lunges
4 sets / 10 reps



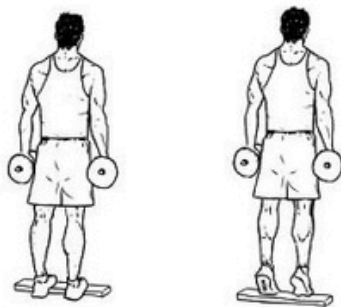
Dumbbell Side Lunge
4 sets / 10 reps



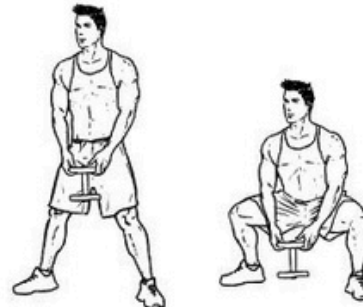
Dumbbell Squat Thrusters
4 sets / 10 reps



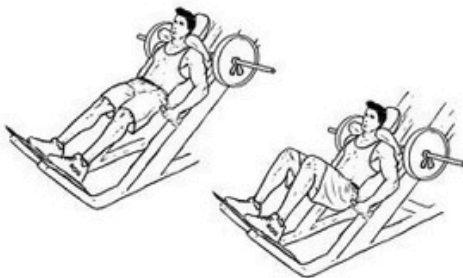
Goblet squat
4 sets / 10 reps



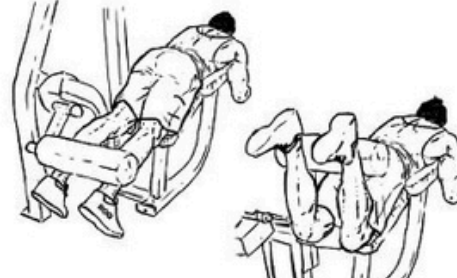
Standing Dumbbell Calf Raise
4 sets / 10 reps



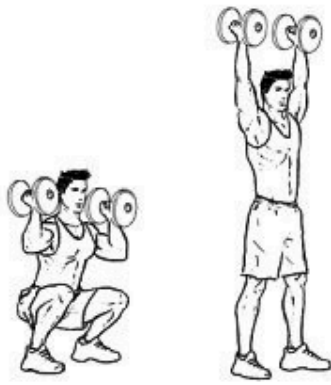
Plié / Sumo Dumbbell Squat / Deadlift
4 sets / 10 reps



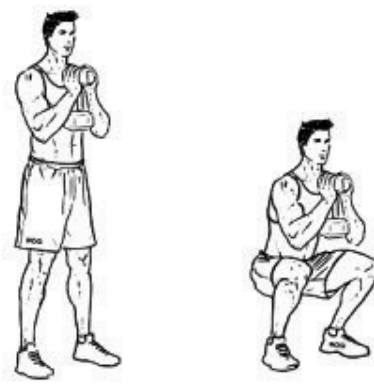
Machine Hack Squat
4 sets / 10 reps



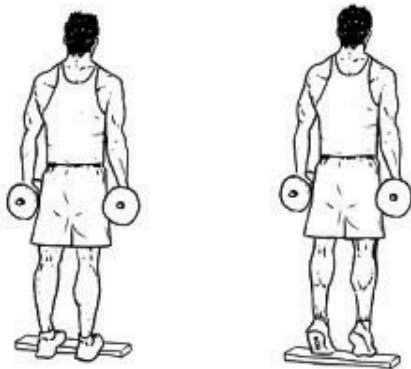
Lying Leg Curls
4 sets / 10 reps



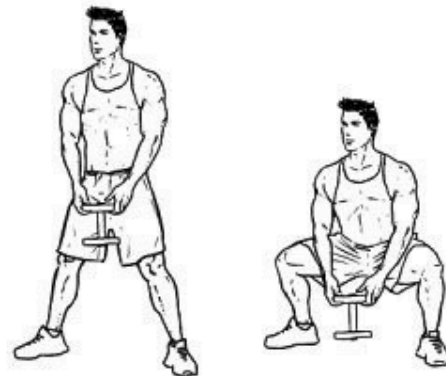
Dumbbell Squat Thrusters
4 sets / 10 reps



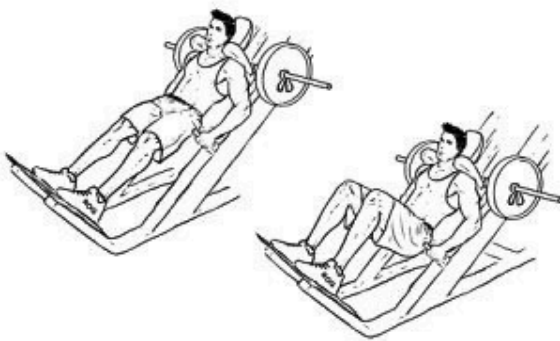
Goblet squat
4 sets / 10 reps



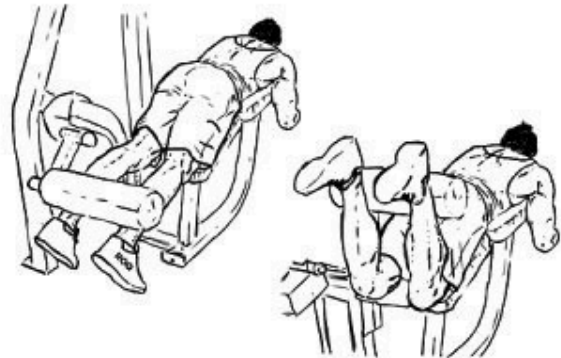
Standing Dumbbell Calf Raise
4 sets / 10 reps



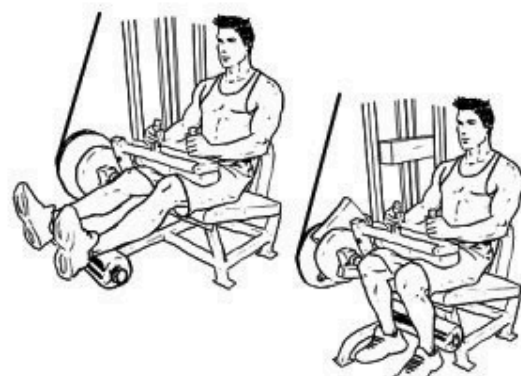
Plié / Sumo Dumbbell Squat / Deadlift
4 sets / 10 reps

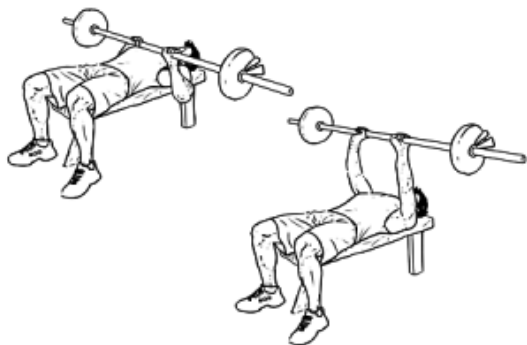


Machine Hack Squat
4 sets / 10 reps

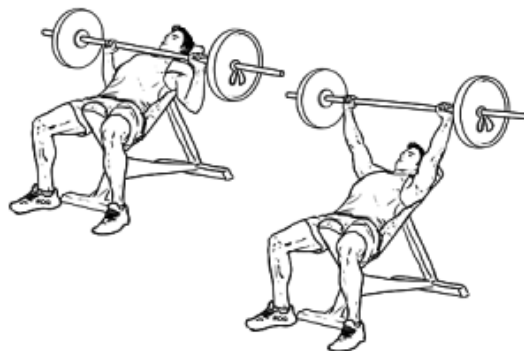


Lying Leg Curls
4 sets / 10 reps

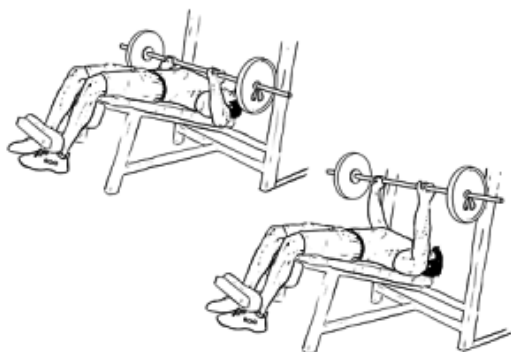




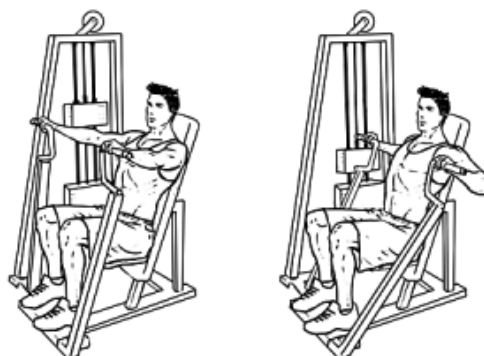
Close-Grip Overhand Barbell
Bench Press



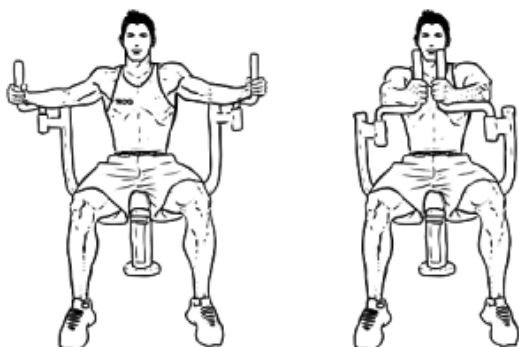
Incline Barbell Bench Press



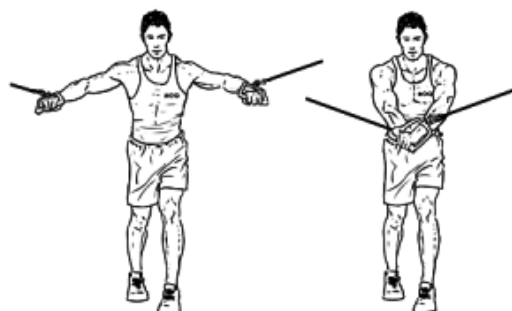
Decline Barbell Bench Press



Hammer Strength Machine
Chest Press



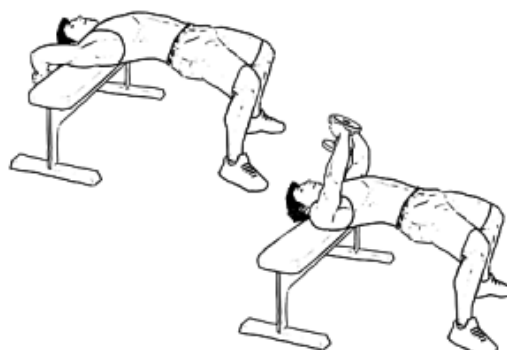
Butterfly / Pec Deck /
Seated Machine Fly



Standing Cable Crossover /
Fly



Triceps Dips



Dumbbell Pullover