

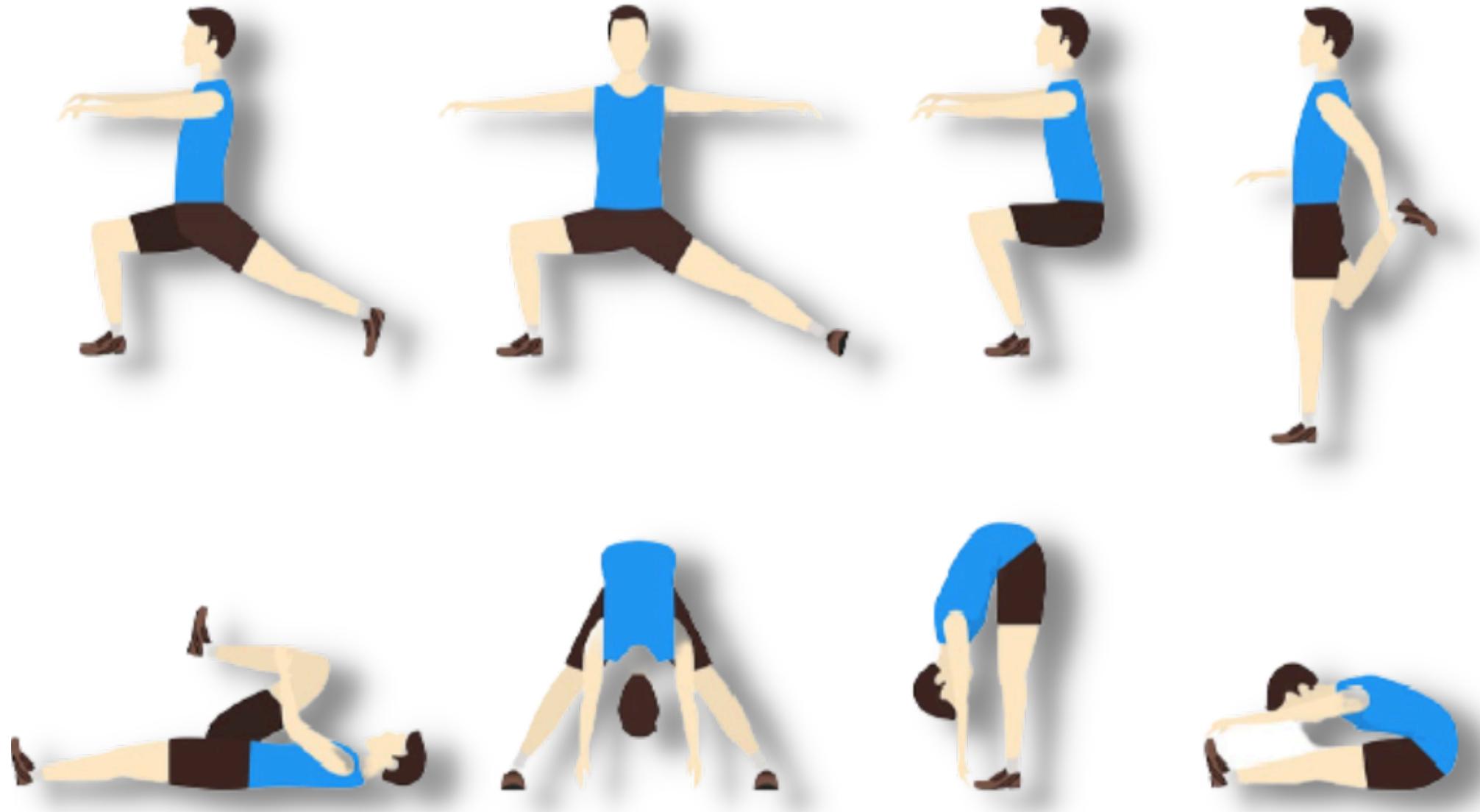


LIGHT

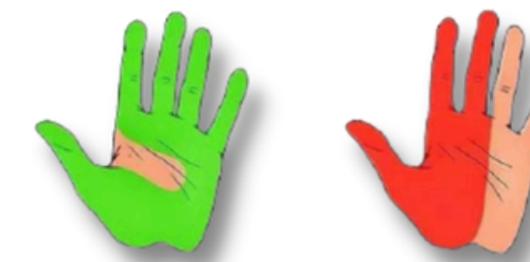
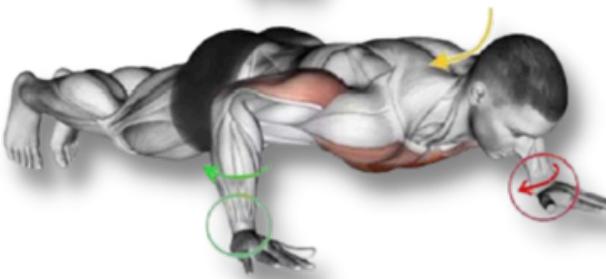
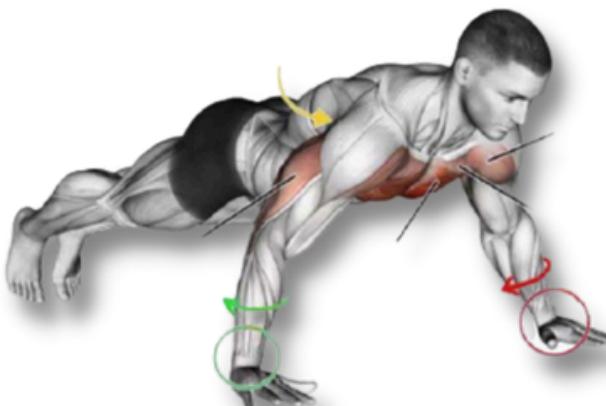


DAY -1

- **DYNAMIC STRETCHES**



- **KNEE PUSHUPS /
PUSHUPS
(3*15)**



- **DUMBBELL
BENCH PRESS
(3*15)**

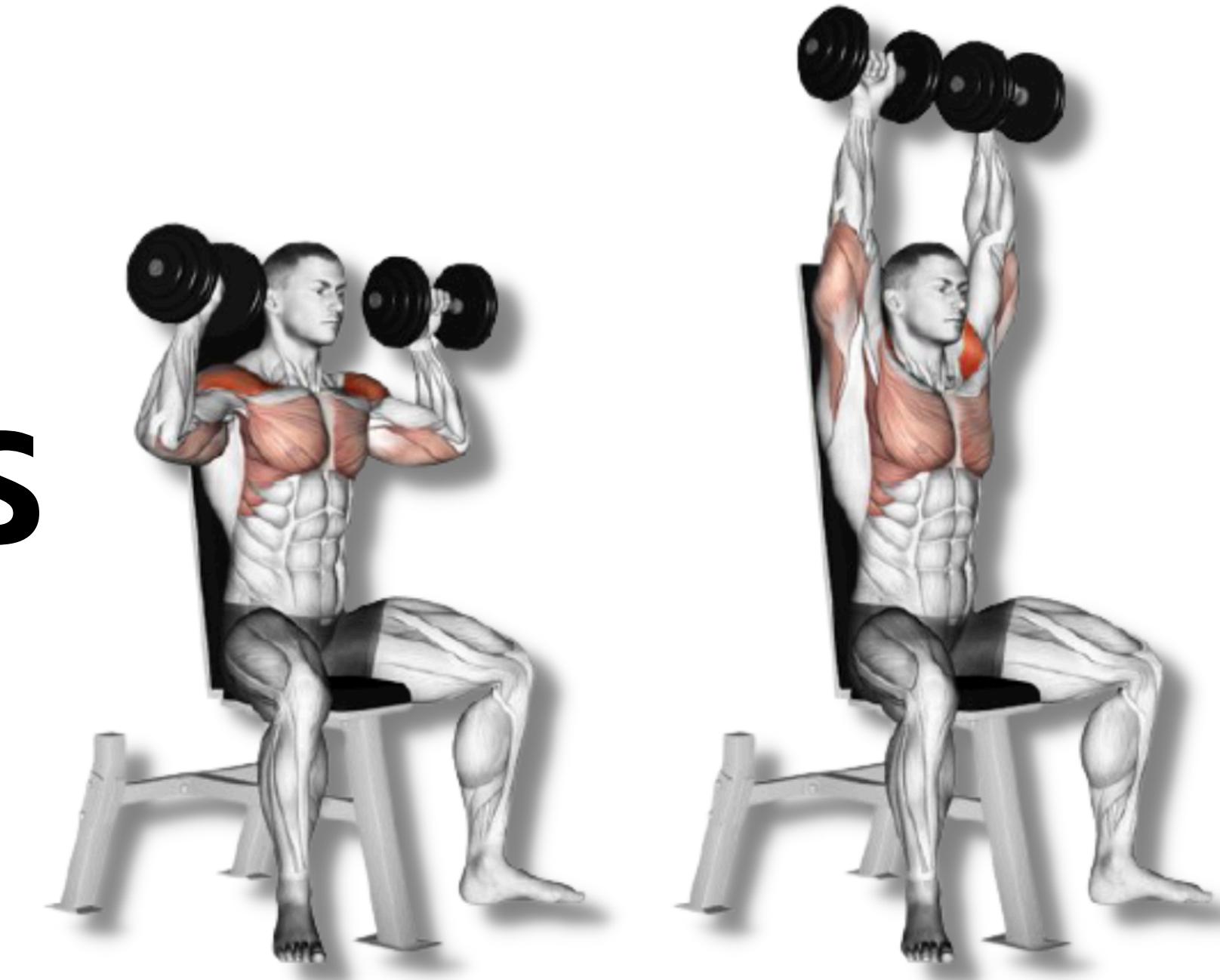


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**LAT PULL
DOWN
(3*15)**



- **DUMBBELL
SHOULDER PRESS
(3*15)**



-

DUMBBELL BICEP CURLS (3*15)

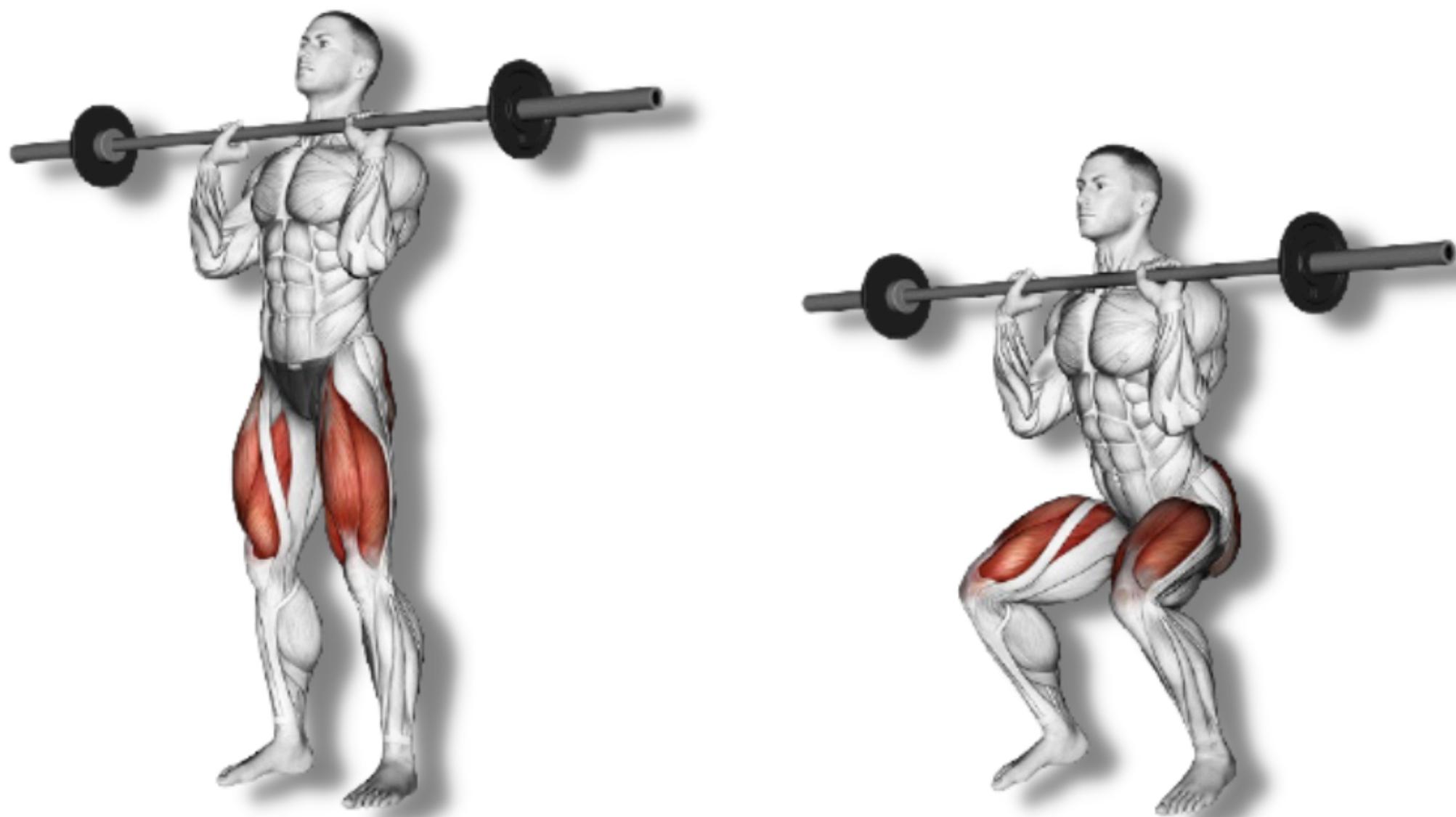


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TRICEP PUSHDOWN (3*15)



• BARBELL SQUATS/DUMBBELL
SQUATS
(3*15)



- **AB CRUNCHES
(3*15)**



- **LEG RAISES
(3*15)**

