



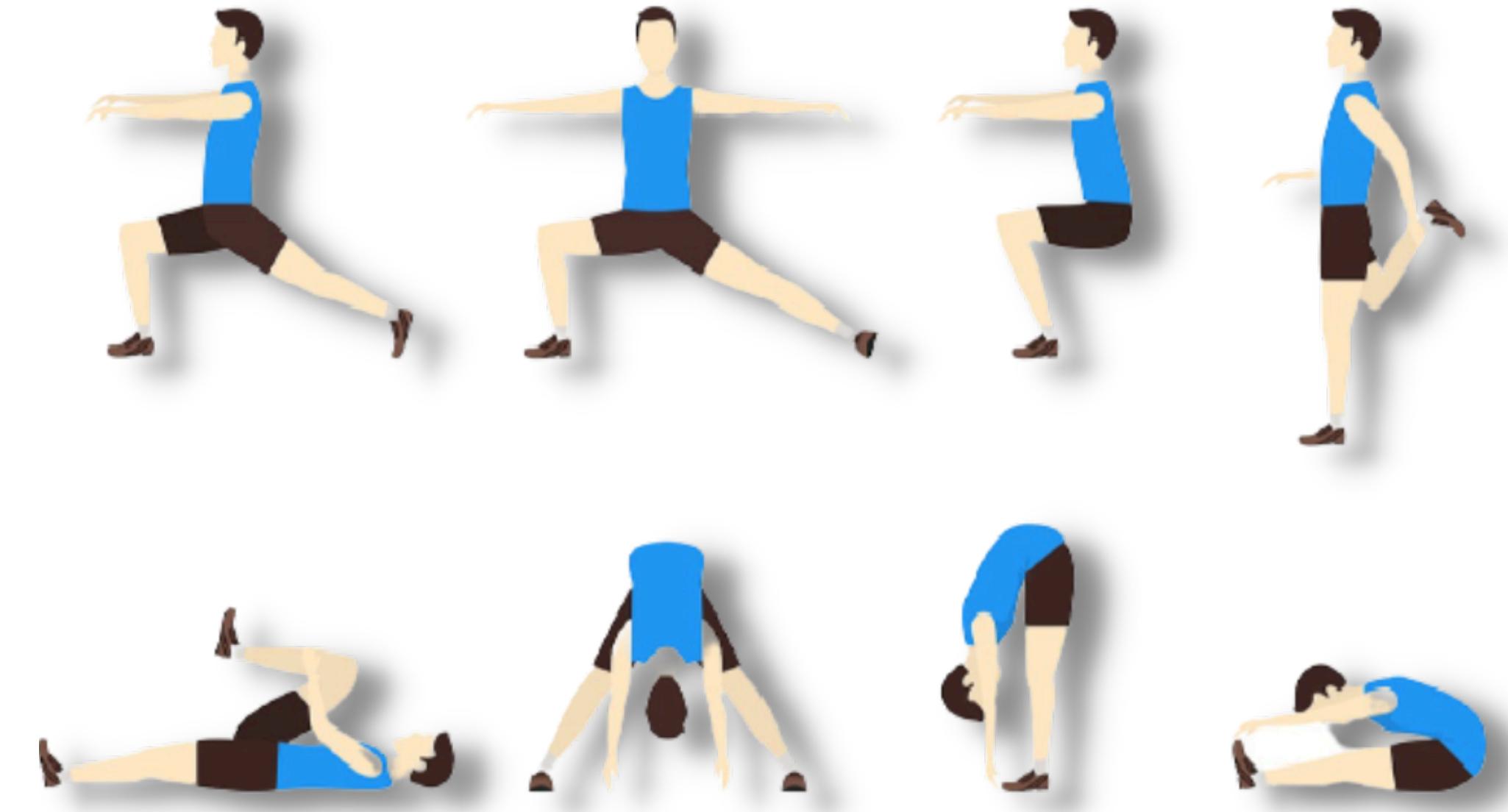
Power



DAY -1

SHOULDER & BICEPS

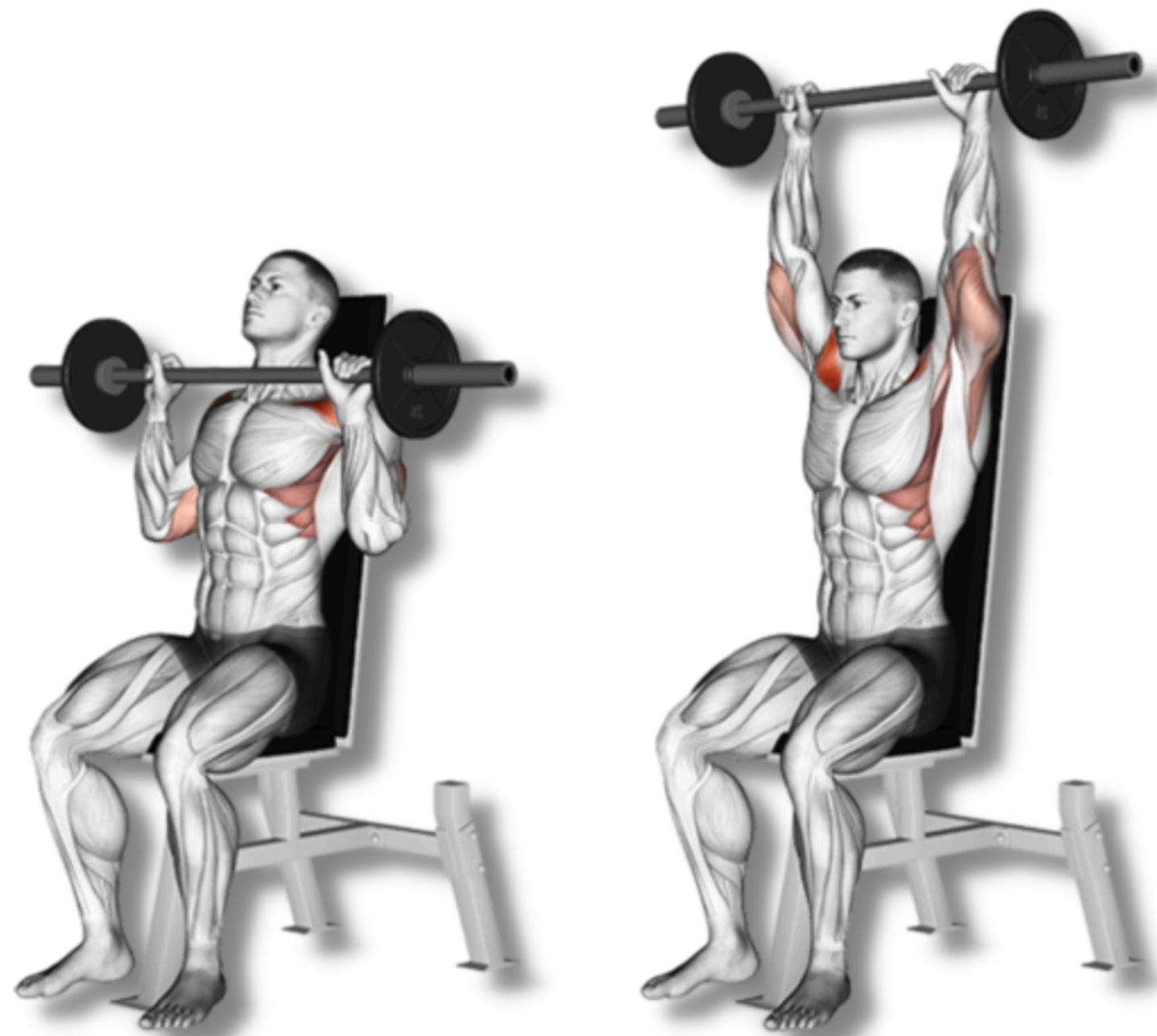
- **DYNAMIC STRETCHES**



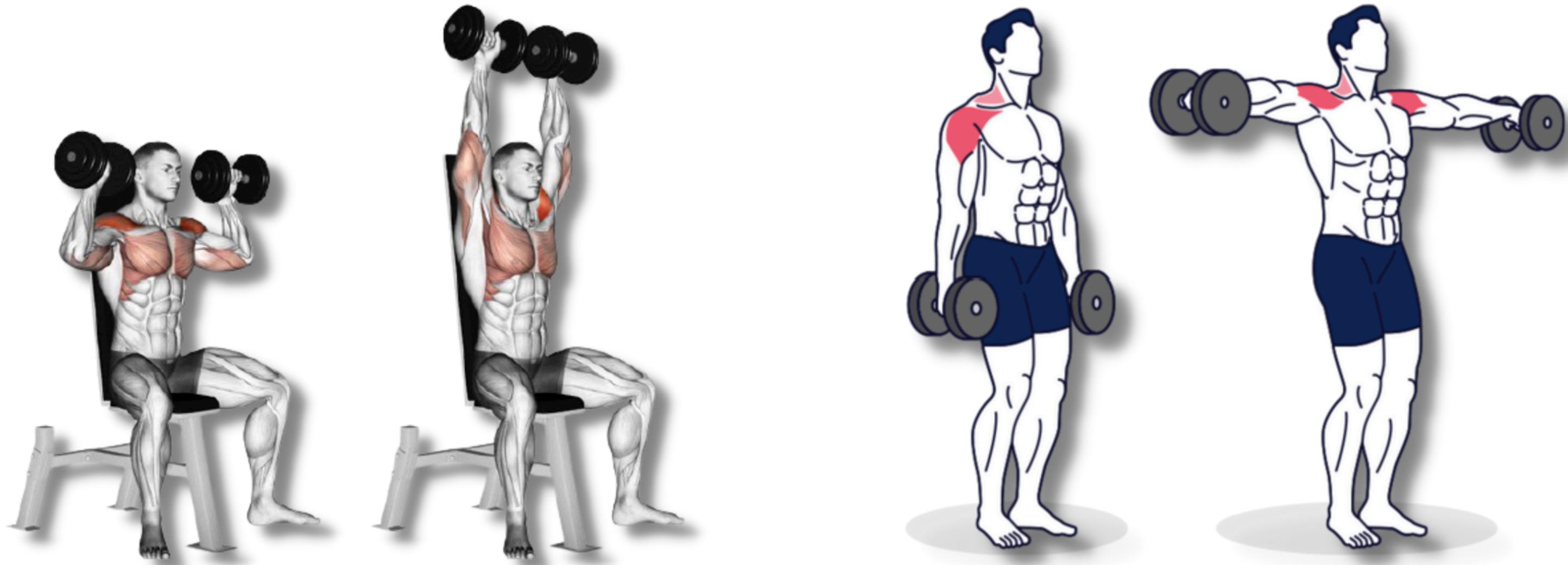
- **WEIGHTED WIDE GRIP PUSHUPS**
(3*20)



● **BARBELL SHOULDER PRESS**
(3*12-15)



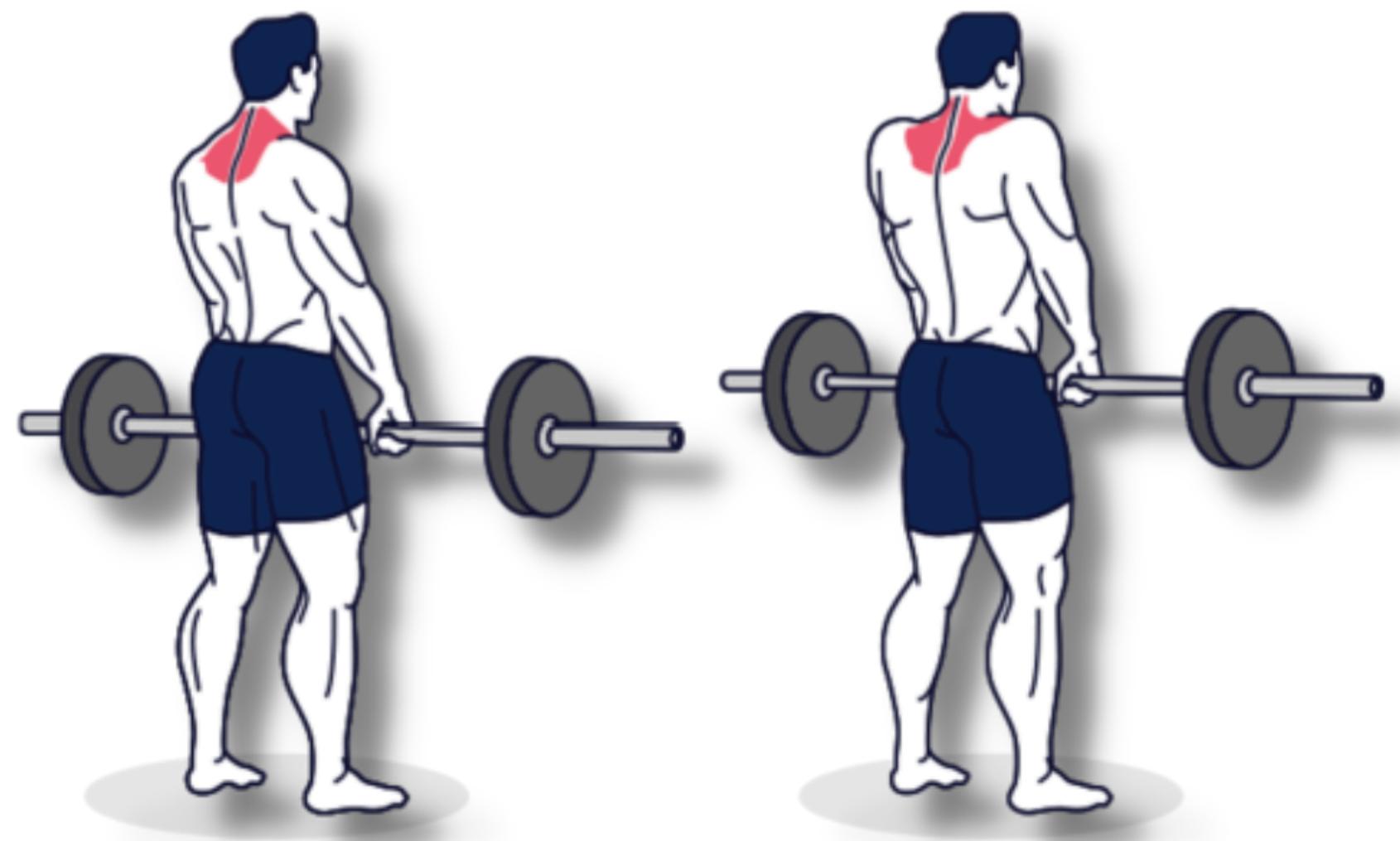
- DUMBBELL SHOULDER PRESS SUPERSET W/ DUMBBELL SIDERAISES
(3*12-15)



- REAR DELT FLIES SUPERSET W/ PLATE FRONT RAISES
(3*12-15)



- **TRAP BAR SHRUGS**
(3* FAILURE)



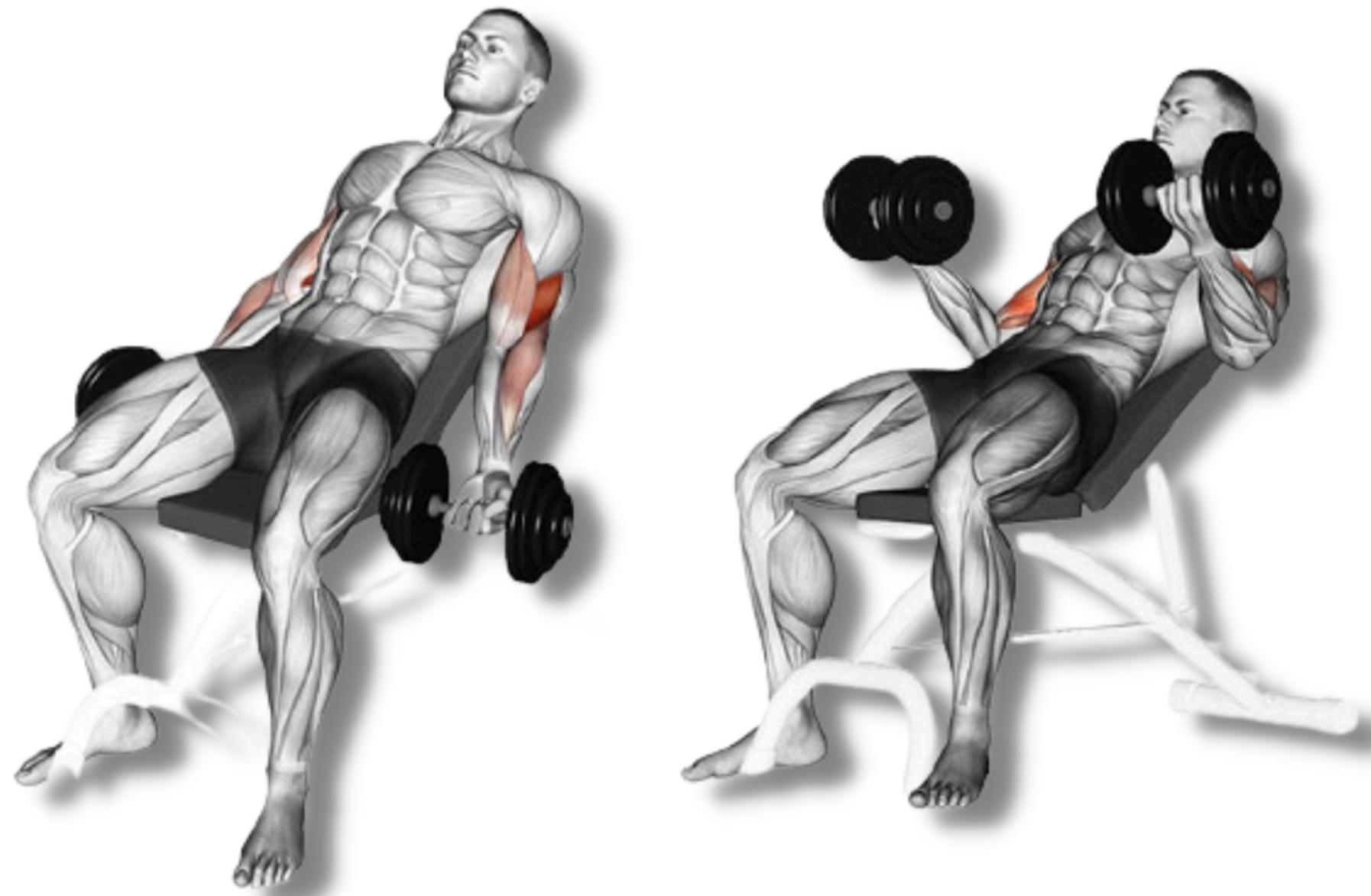
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BARBELL BICEP CURLS

(3*12)



- INCLINE DUMBBELL CURLS
(3*FAILURE)



- **PREACHER CURLS**
(3*FAILURE)



- HAMMER CURLS
(3*12)

