



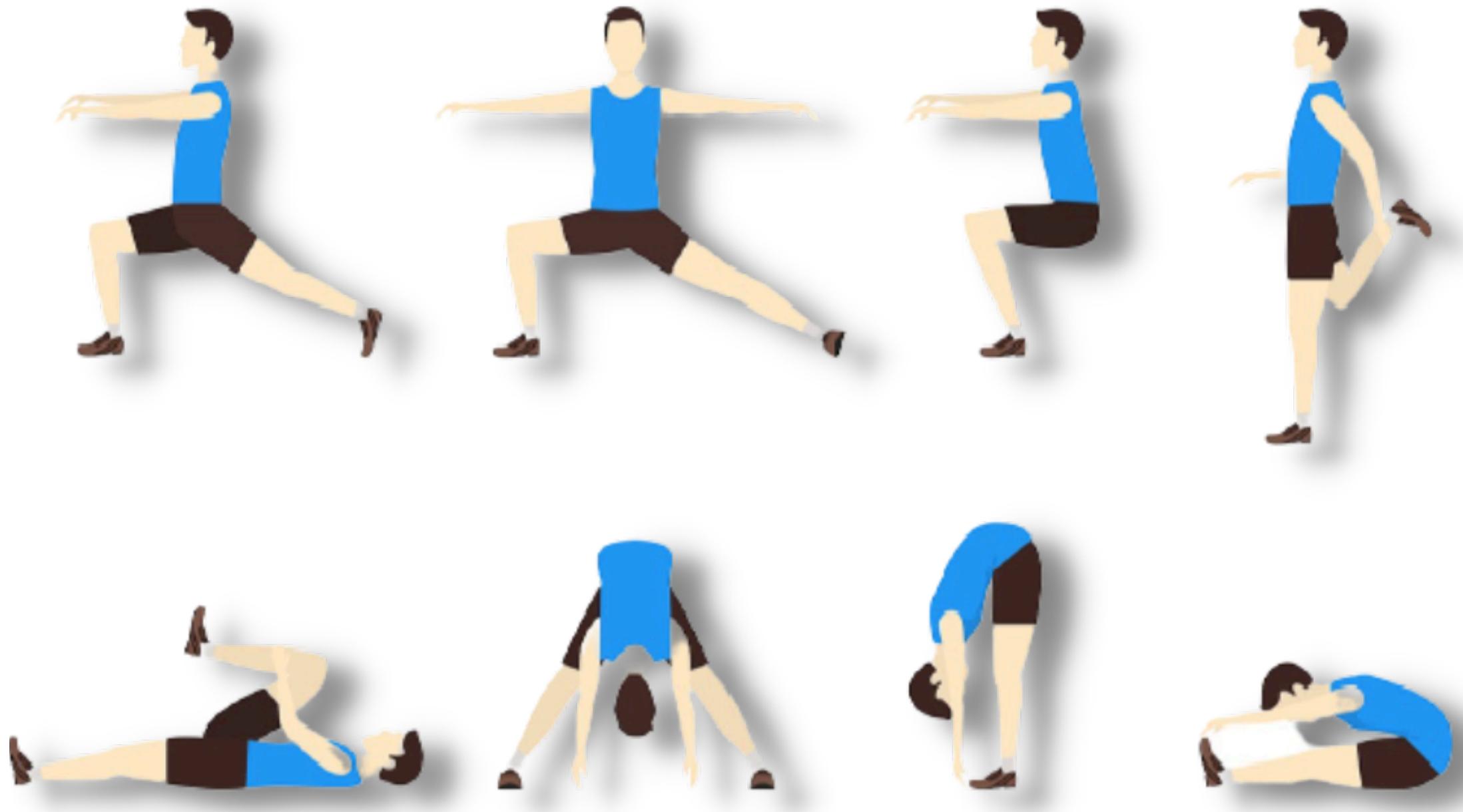
LIGHT

The image features a dark, low-poly sculpture of a lion's head, rendered in shades of gray against a black background. The sculpture is highly detailed, showing the texture of the lion's mane and skin through its geometric facets. Overlaid on the center of the lion's face is the word "LIGHT" in a large, bold, white sans-serif font. The letters are fully opaque, creating a stark contrast with the dark background and the dark sculpture.



DAY - 2

- **DYNAMIC STRETCHES**



•

KNEE PUSHUPS

/

PUSHUPS

(3*15)



• **INCLINE
DUMBBELL PRESS
(3*15)**

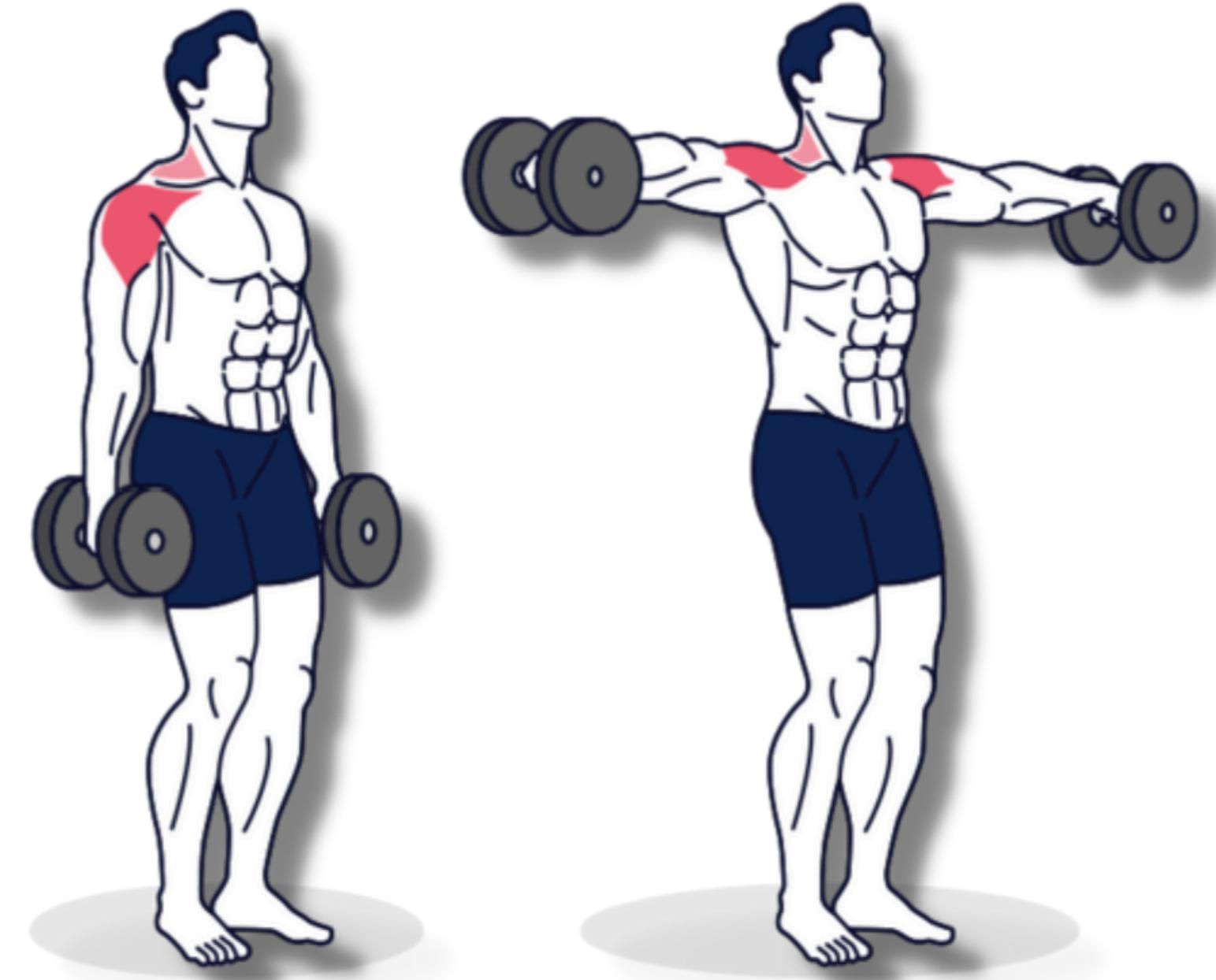


- **CABEL LAT ROWS**
(3*15)



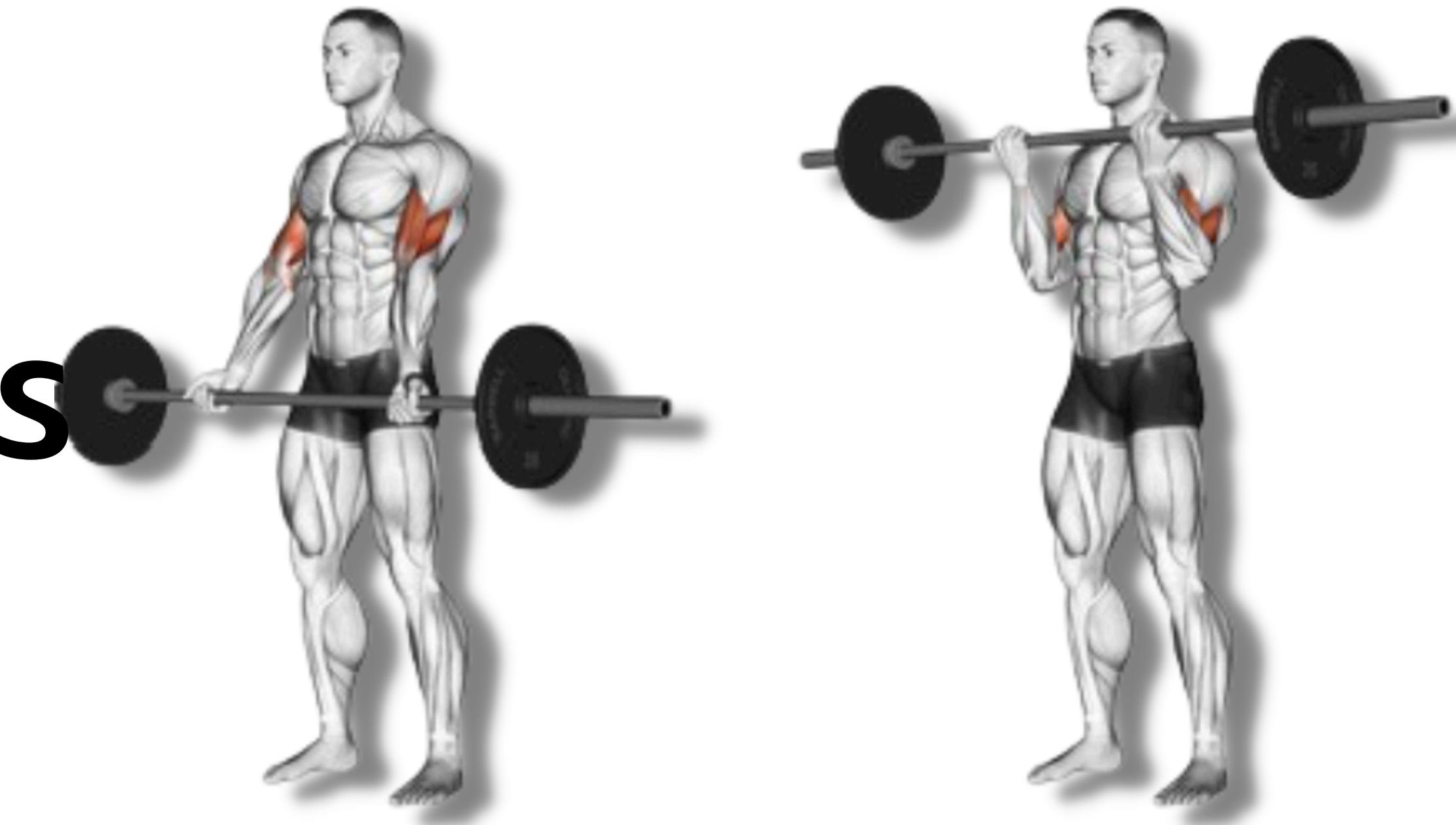
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DUMBBELL SIDE RAISES (3*15)



-

BARBELL BICEP CURLS (3*15)



- SEATED OVERHEAD DUMBBELL TRICEP EXTENSION

(3*15)



- **LEG EXTENSION
(3*15)**



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



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

