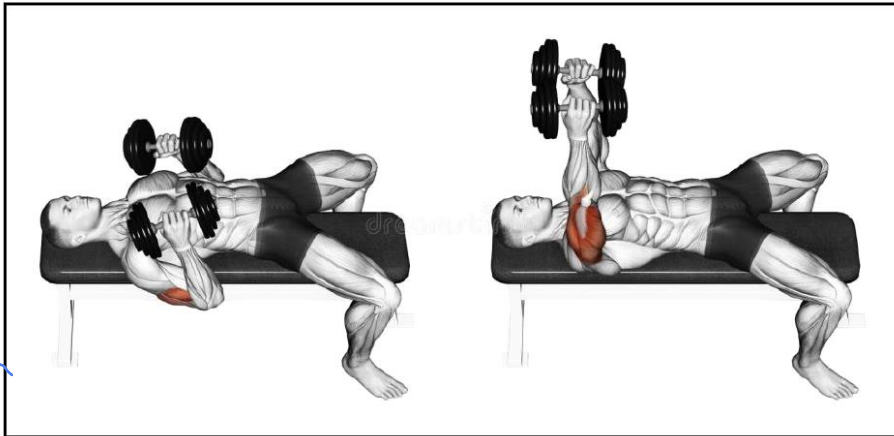
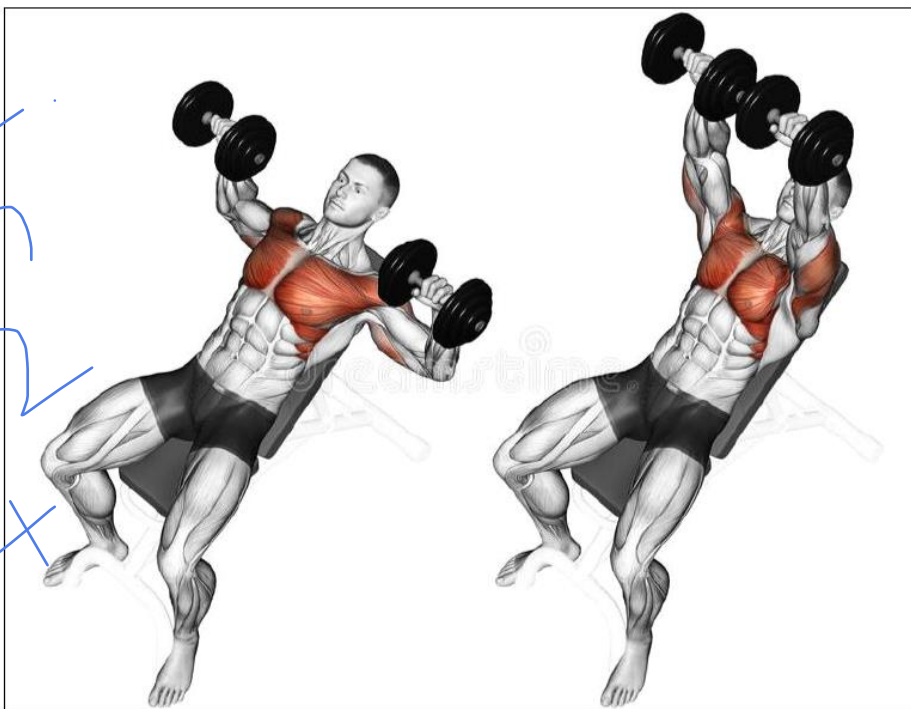


Chest And Triceps



Bench Press

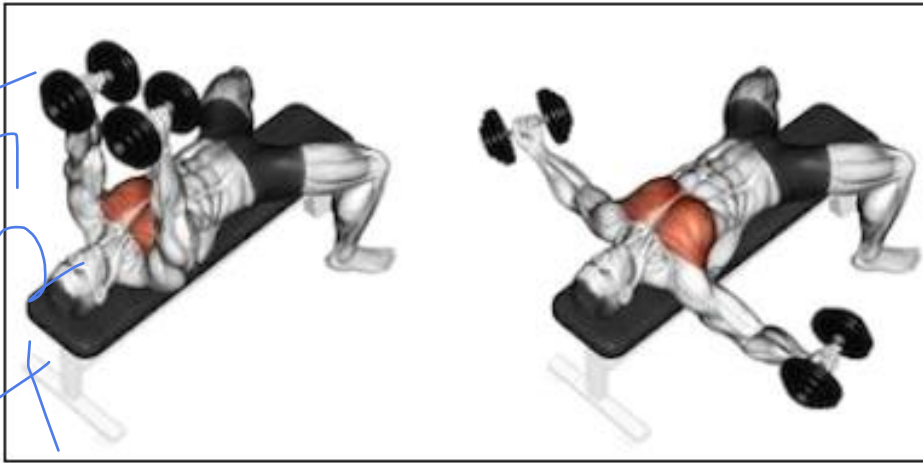


Incline Bench Press

25
x 12
x 4

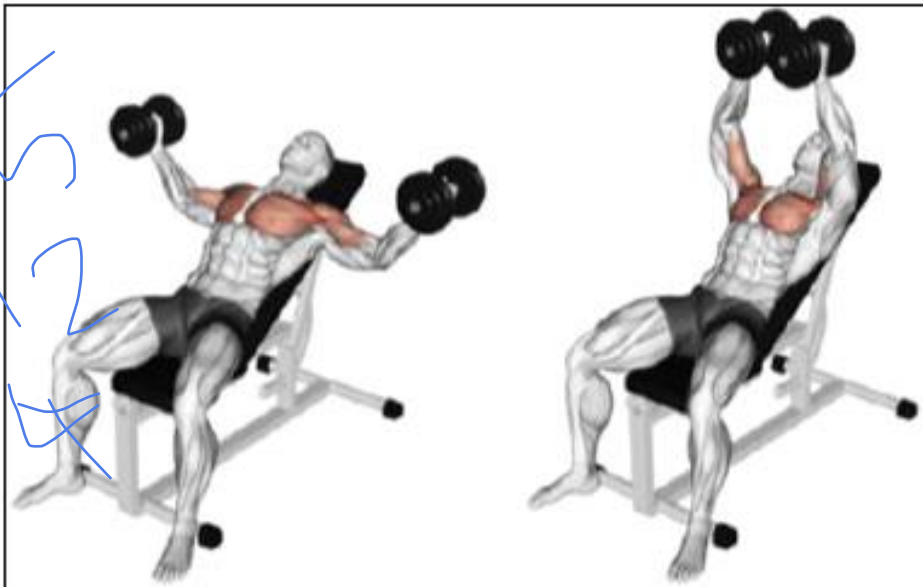
25
x 12
x 4

25
x 12
x 14



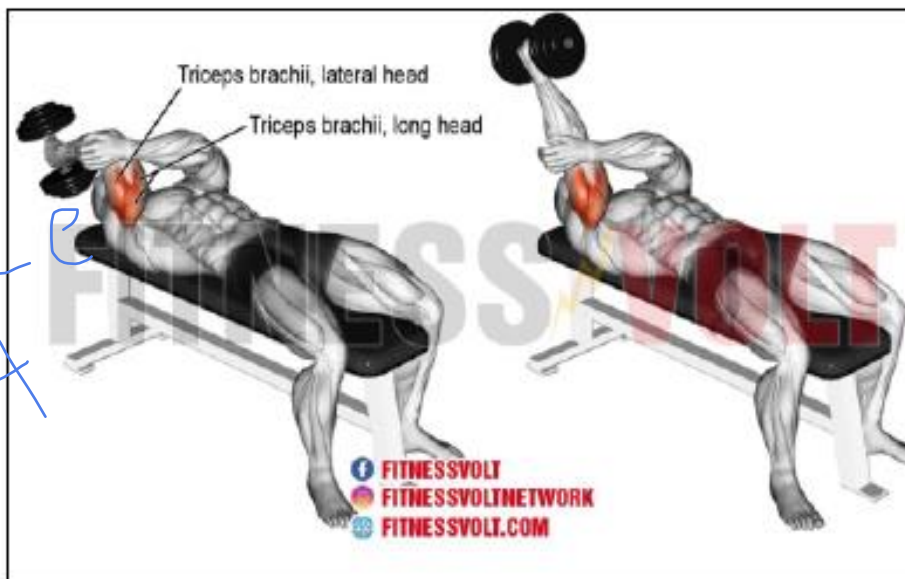
Flat Bench
Dumbbell Fly

25
x 12
x 14



Incline
Dumbbell Fly

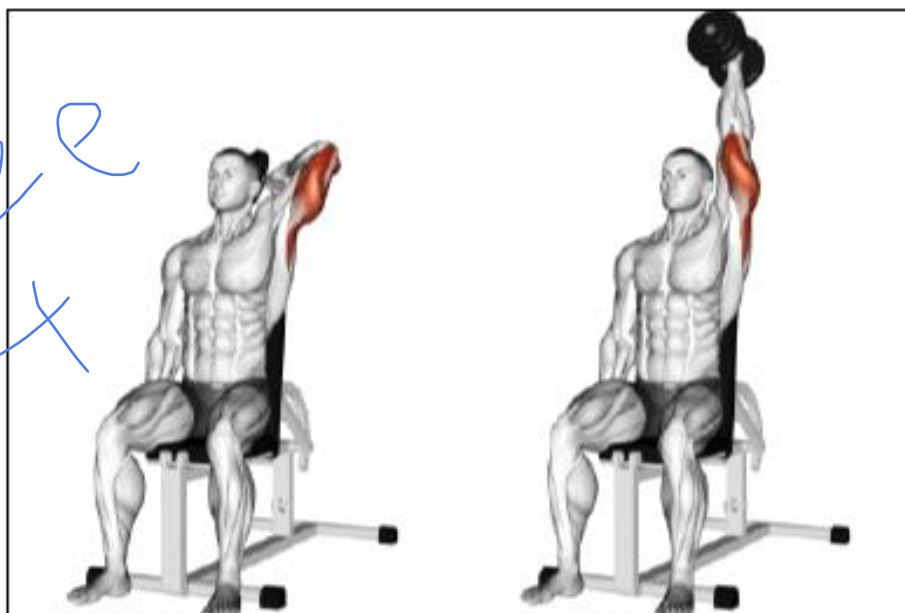
15
x12e
x4



Cable Triceps
Extension

**Lying One-
arm Dumbbell
Triceps
Extension**
*dumbbell
modification
that works the
same muscle
groups

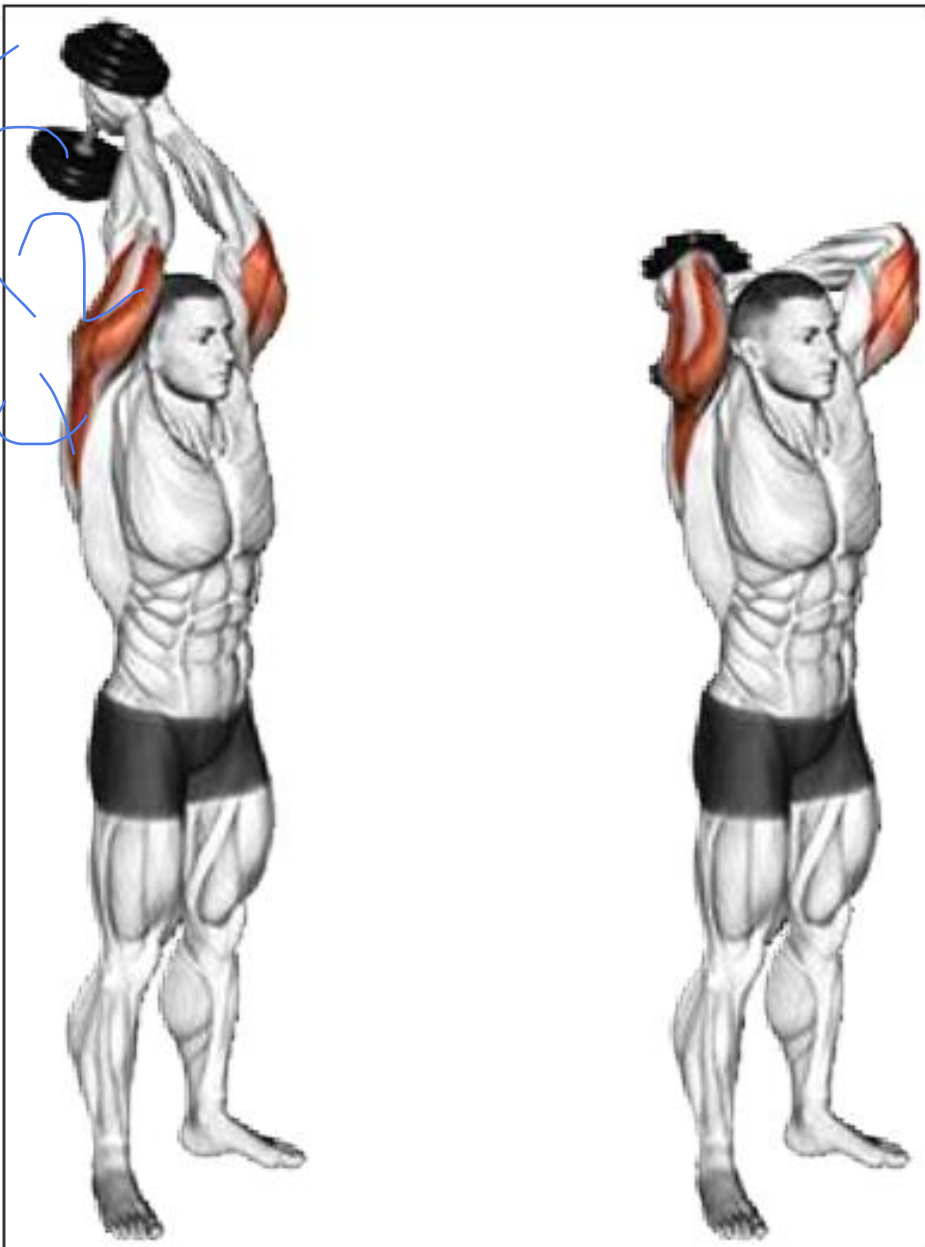
15
x12e
x4



Rope Reverse
Cable Triceps
Extensions

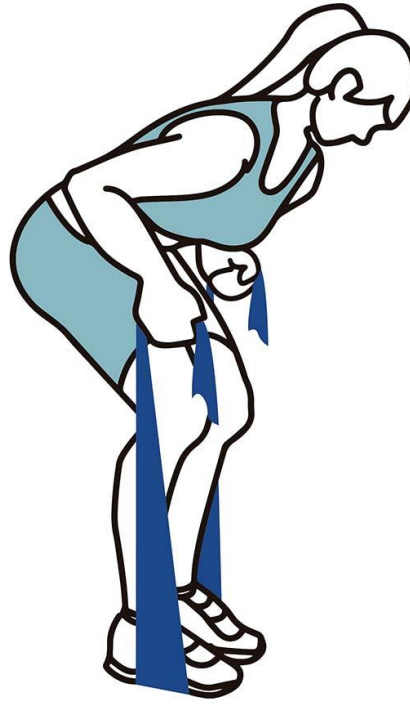
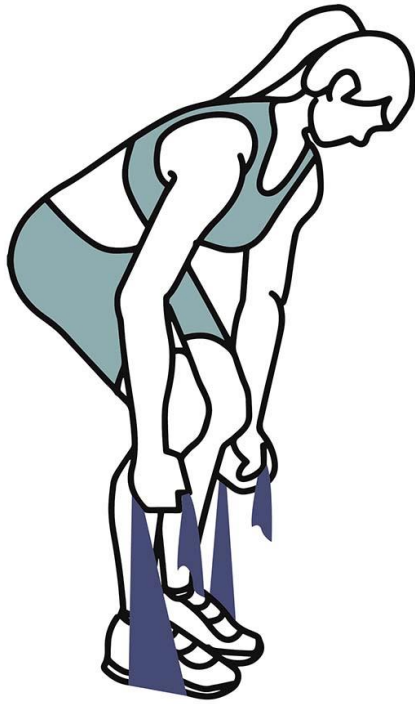
**Dumbbell
Seated
Reverse Grip
One Arm
Overhead
Triceps
Extension**
*dumbbell
modification
that works the
same muscle
groups

3x10

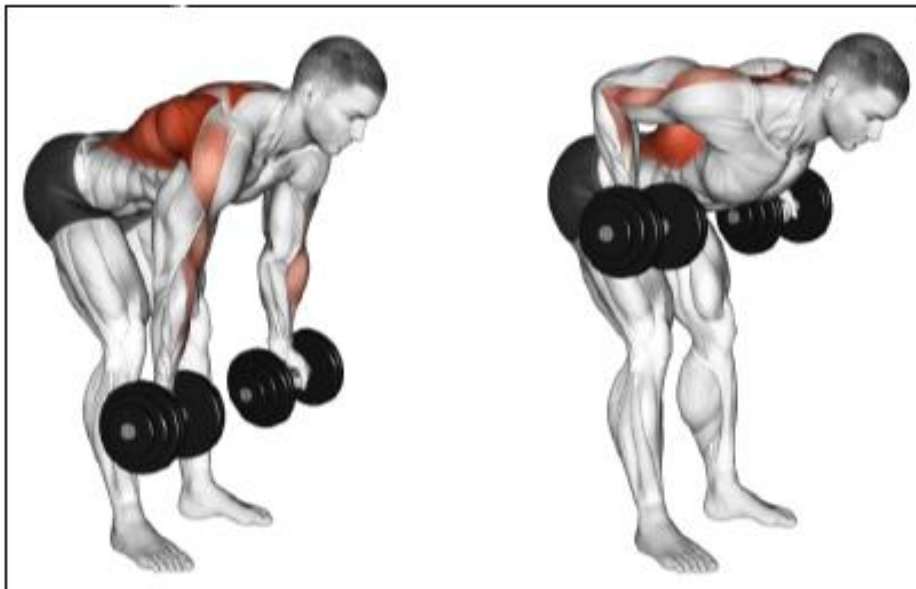


French Curls

Back and Biceps



Row with resistance bands (replaces chin-ups or lat pulldowns)



Low Row

**Bent-over
Dumbbell
Row**

*dumbbell
modification
that works
the same
muscle
groups

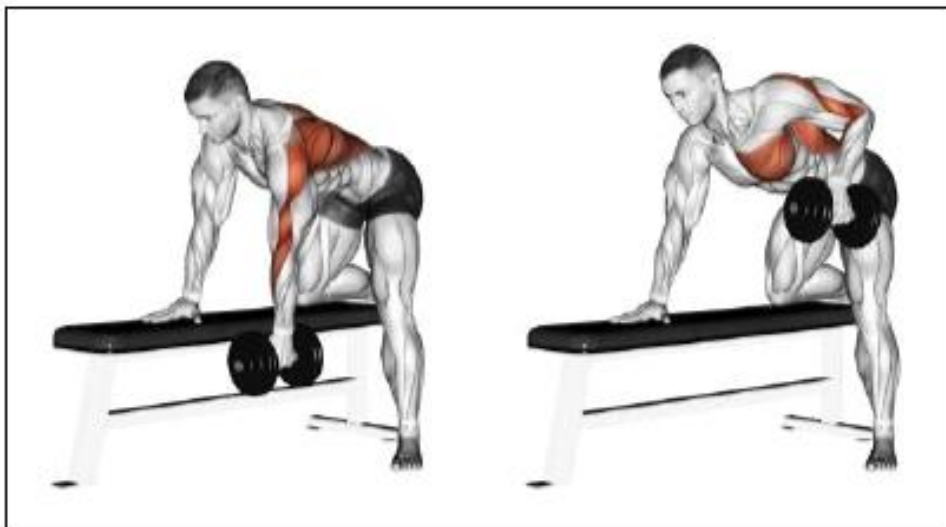
1+2



Lat Pulldown

**Incline
Dumbbell
Row**

*dumbbell
modification
that works
the same
muscle
groups



**Alternating
Dumbbell
Row**

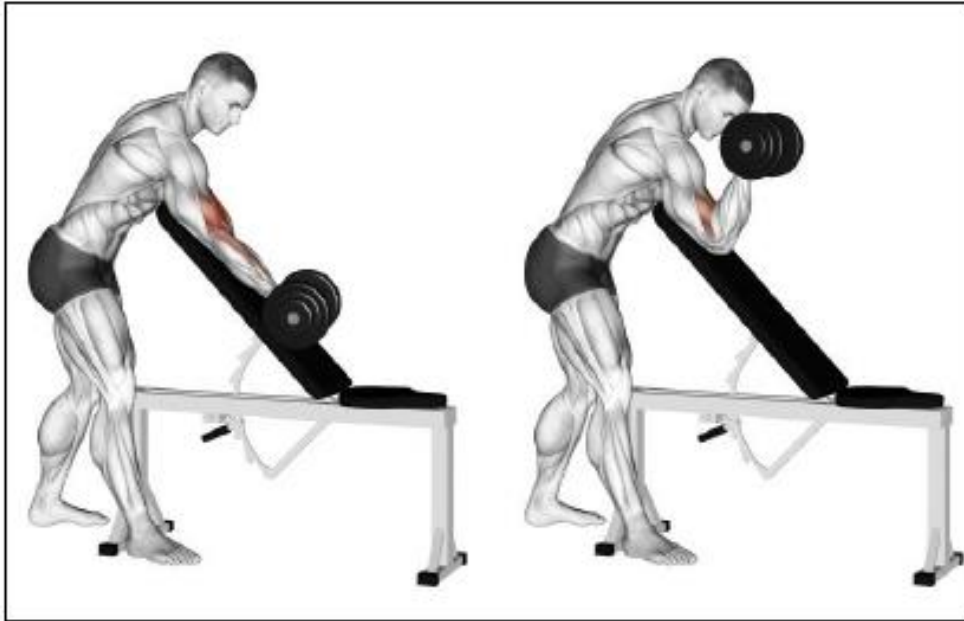


Standing EZ-
Bar Curls

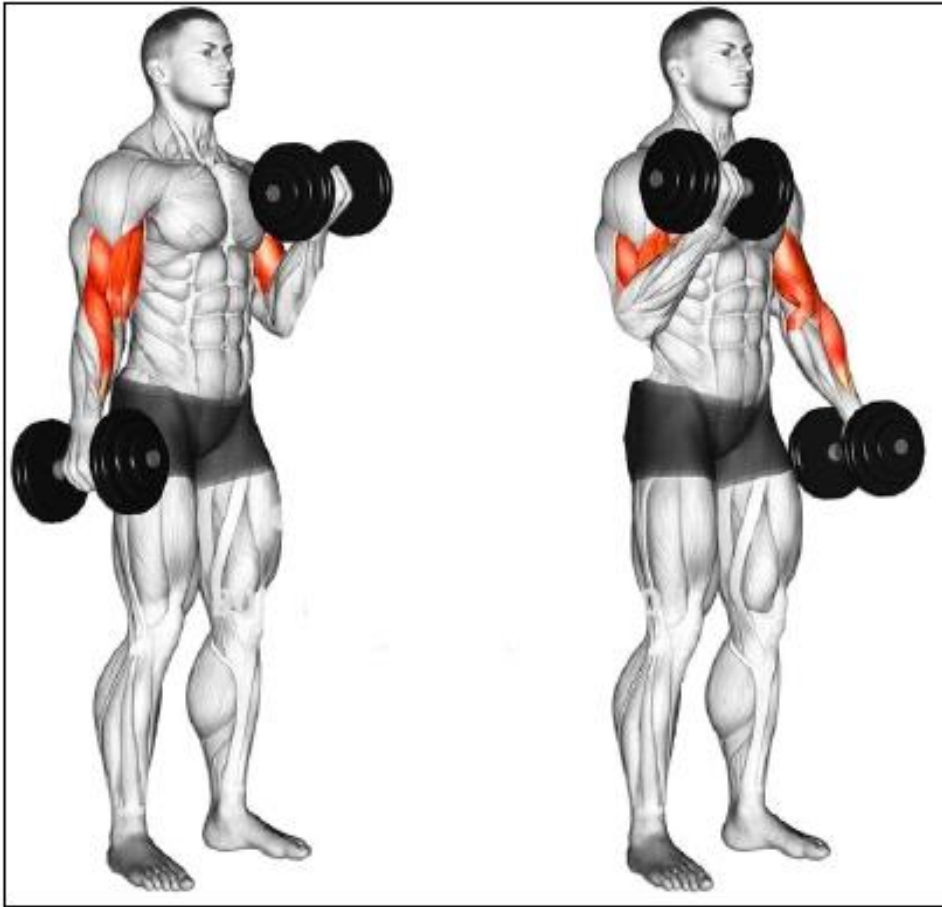
**Standing
Dumbbell
Curls**

*dumbbell
modification
that works
the same
muscle
groups

4

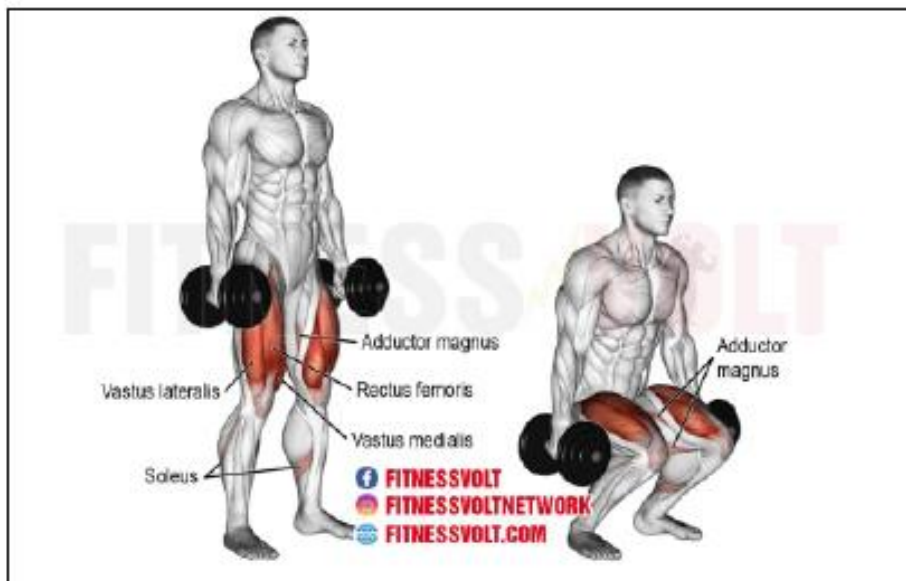


Preacher
Curls



Alternating
Dumbbell
Curls

Shoulders, Legs, Abs



Squat



Resistance
band squats

OR lunges with
dumbbells

(replaces leg
press exercise)

2

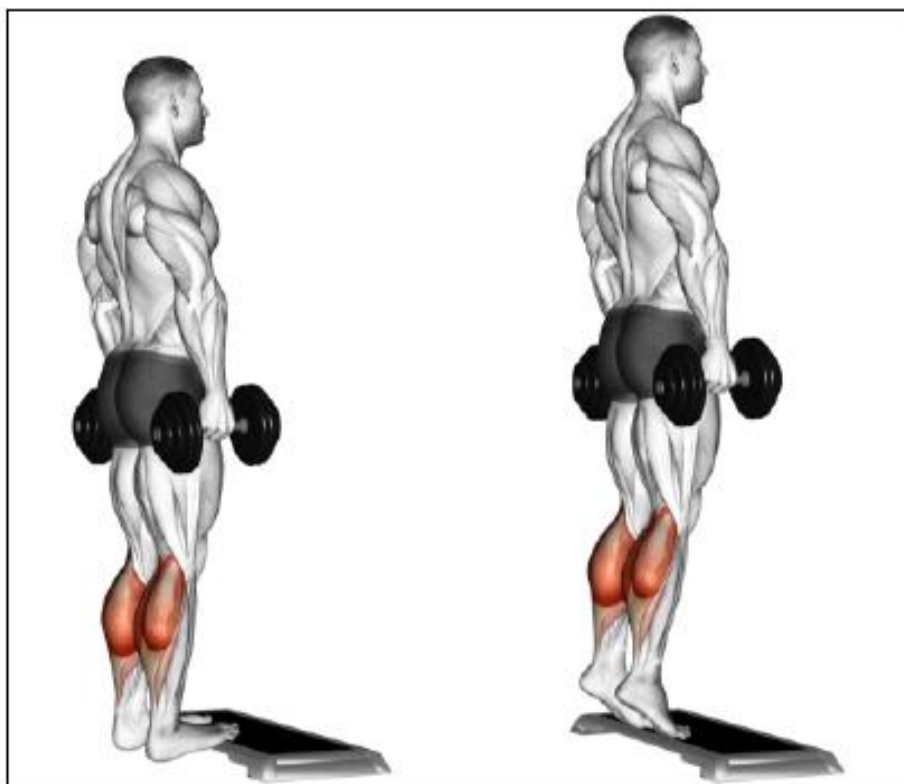


Leg
Extensions

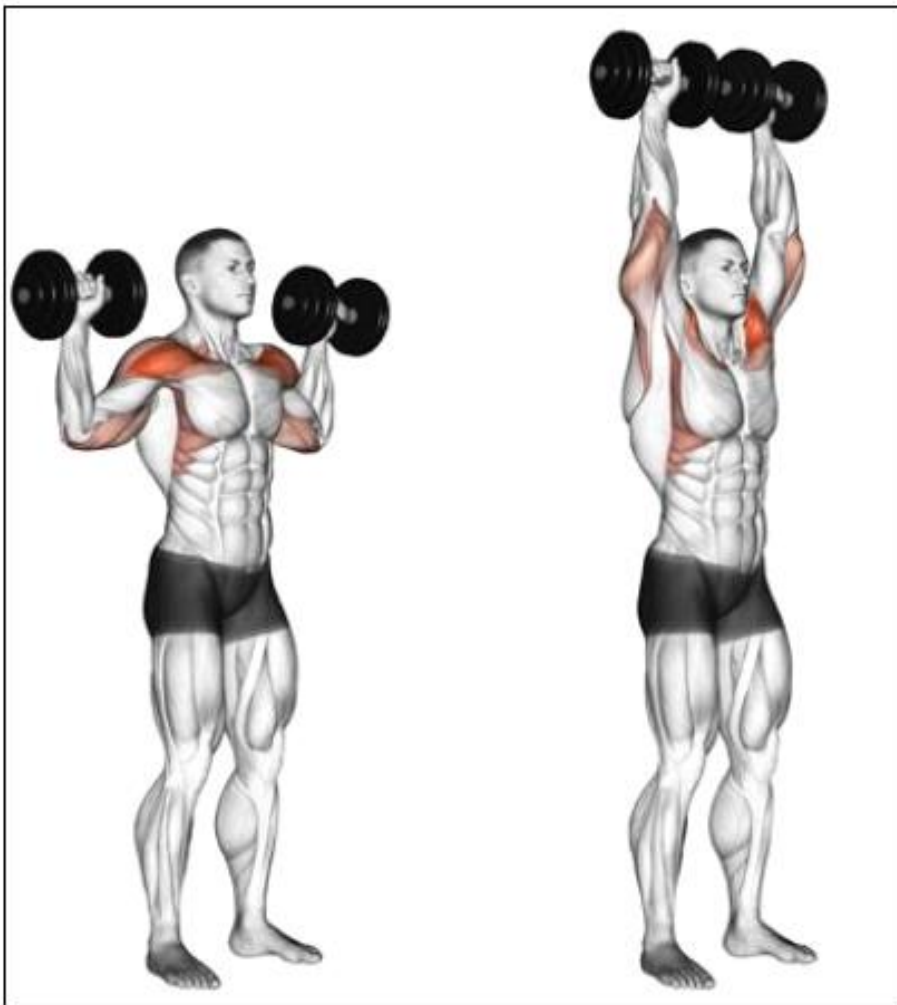
3



Leg curl

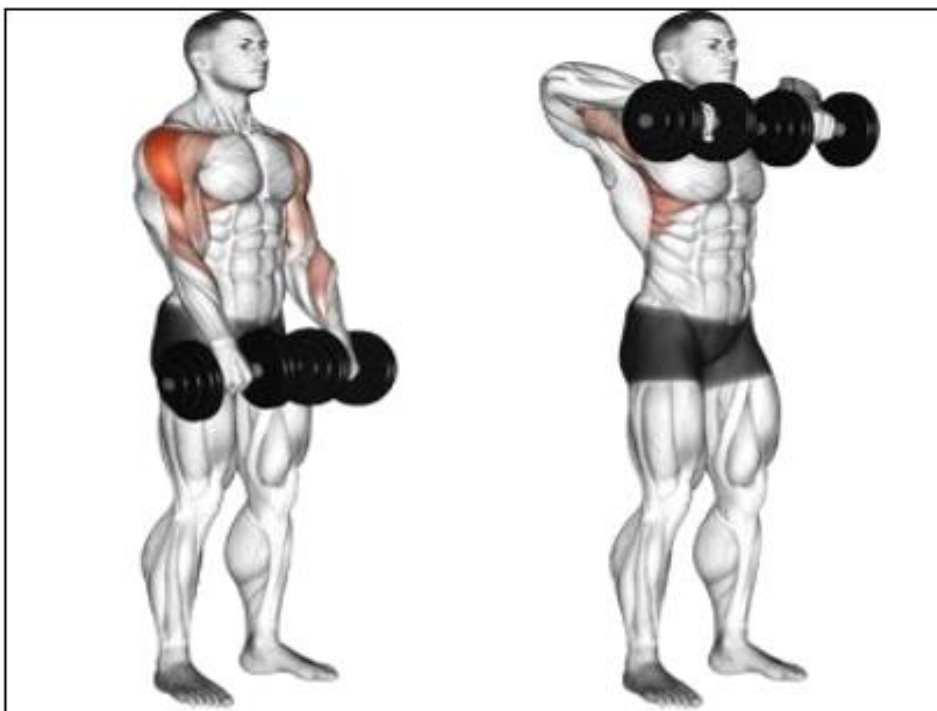


Standing Calf
Raise



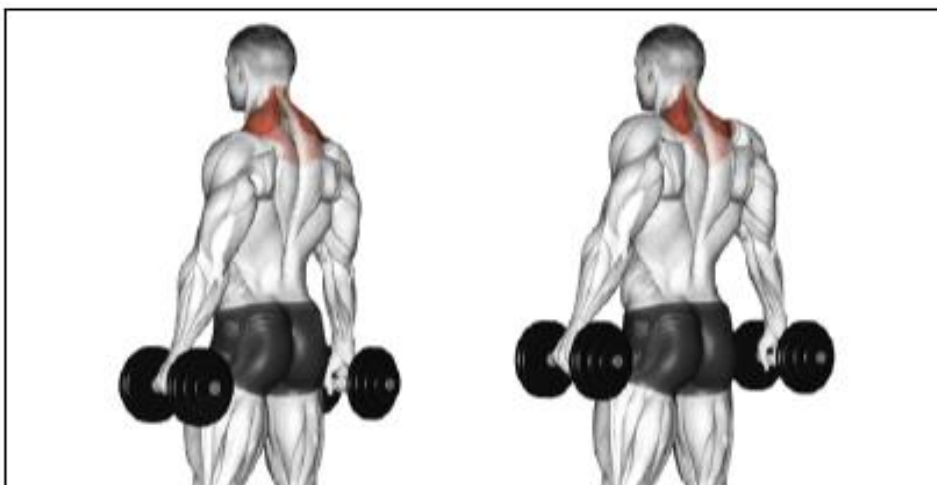
Military
Dumbbell
Press

4

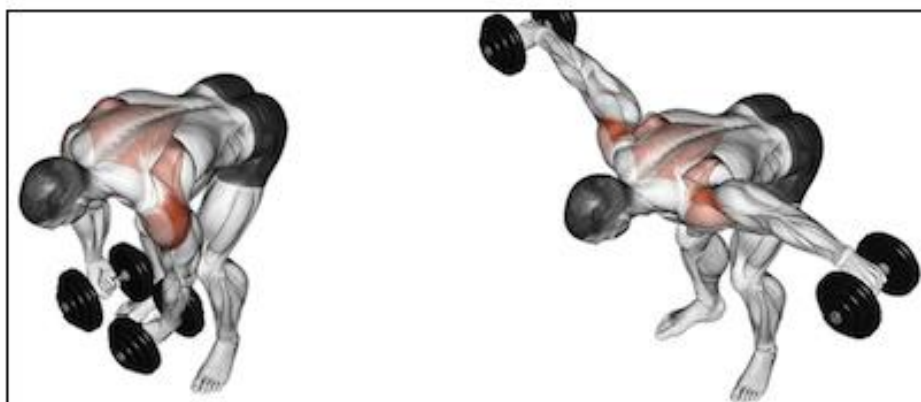


Upright Row

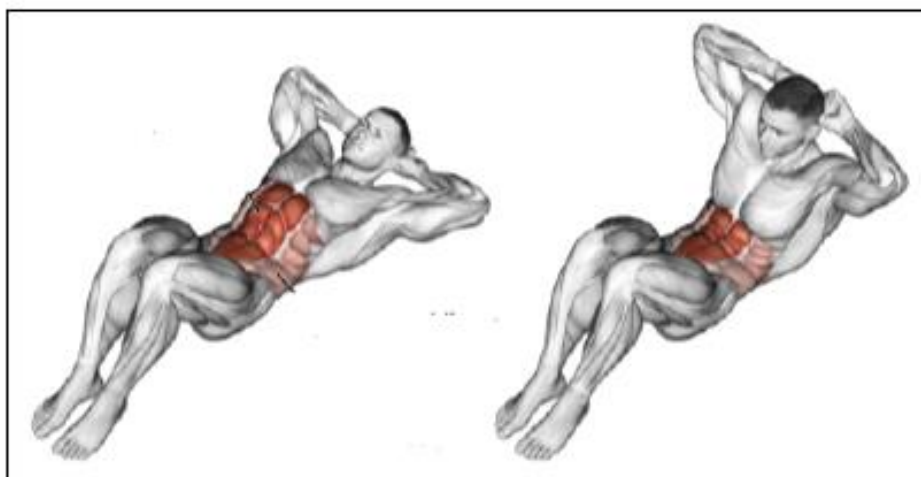
5



Shrugs



Deltoid Flys



Abdominal
Crunches