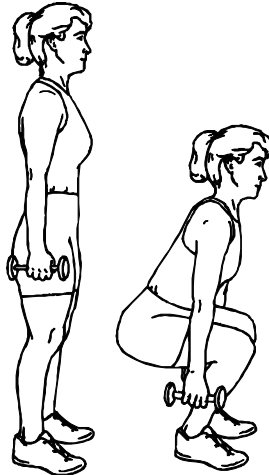


LEGS: GLUTES / THIGHS - 4 Parallel Squat (Dumbbell)

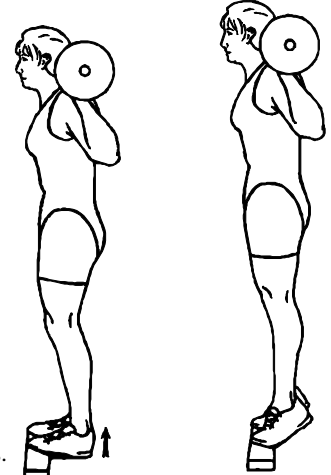
Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.



Do 3 sets.
 Complete 12 repetitions.

LEGS: CALVES - 2 Heel Raise: Standing (Barbell)

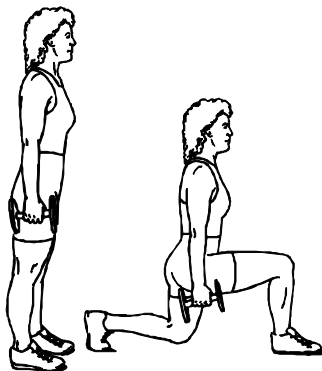
Toes on board, heels on floor, knees slightly bent, rise up on toes as high as possible.



Do 3 sets.
 Complete 12 repetitions.

LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

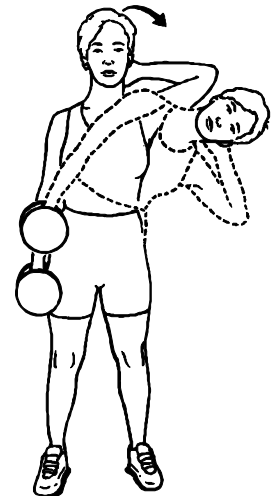
Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.



Do 2 sets.
 Complete 12 repetitions.

ABS - 37 Side Bend (Dumbbell)

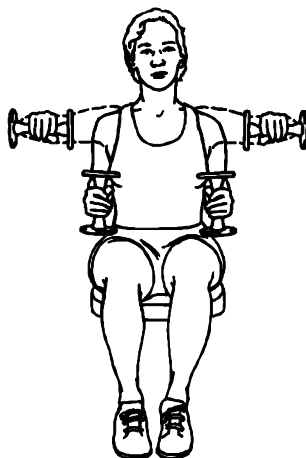
Tighten abdominals and bend to side as far as possible.



Do 2 sets.
 Complete 15 repetitions.

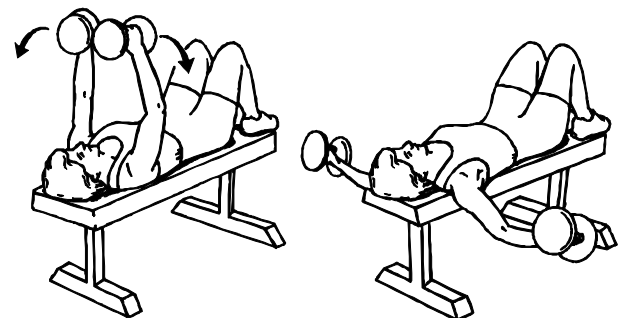
SHOULDERS - 15 Lateral Deltoid Raise: Sitting (Dumbbell)

Hold elbows at 90° angle. Raise hands and elbows level with shoulders, rotating to palms down at beginning of motion. Lead with elbows.



Do 3 sets.
 Complete 12 repetitions.

CHEST - 12 Fly (Dumbbell)



Lower arms until parallel with floor, elbows slightly bent, palms up.

Do 3 sets. Complete 12 repetitions.

SHOULDERS - 1 Press: Standing (Dumbbell)

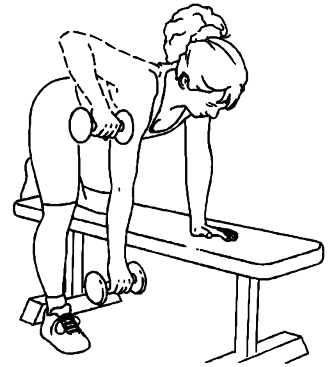
Knees slightly bent, palms in, press to straight arms, rotating to palms forward at end of movement.



Do 2 sets.
 Complete 12 repetitions.

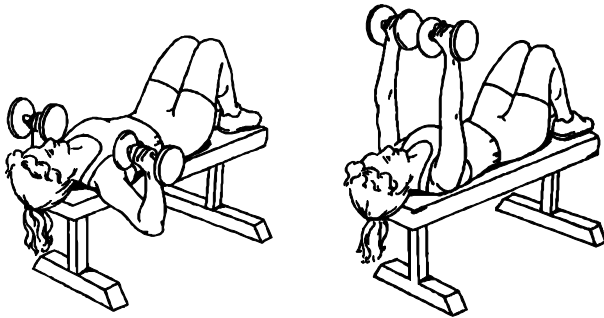
BACK: LATS - 2 Row: Bent Over - Single Arm (Dumbbell)

Lift weight to side of chest, keeping elbow close to body.



Do 3 sets.
 Complete 12 repetitions.

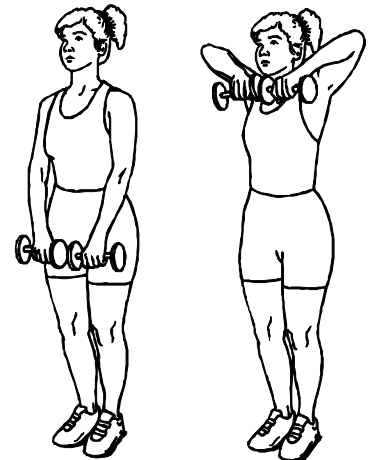
CHEST - 15 Bench Press (Dumbbell)



Press to straight arms.
 Do 3 sets. Complete 12 repetitions.

BACK: TRAPS - 1 Row: Upright (Dumbbell)

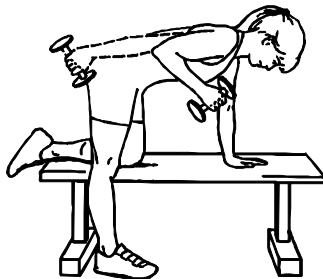
Knees slightly bent, lift weights to chin, leading with elbows, dumbbells close together.



Do 3 sets.
 Complete 12 repetitions.

ARMS: TRICEPS - 1 Kickback: Bent Over - Single Arm (Dumbbell)

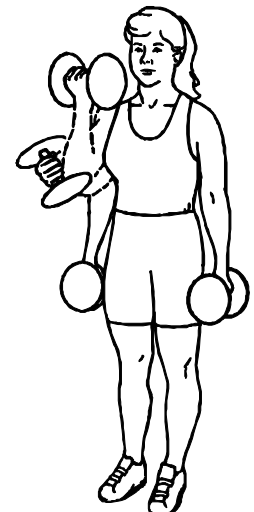
Straighten arm, keeping upper arm in line with body.



Do 2 sets.
 Complete 12 repetitions.

ARMS: BICEPS - 9 Curl: Standing Alternating (Dumbbell)

Knees slightly bent, hold weights at sides, palms in. Curl arm toward shoulder rotating to palm up while beginning curl. Alternate arms.



Do 2 sets.
 Complete 12 repetitions.