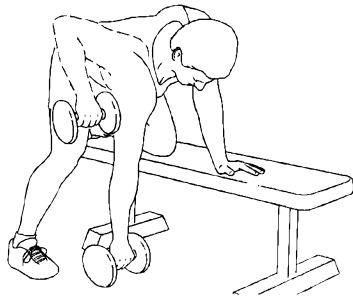


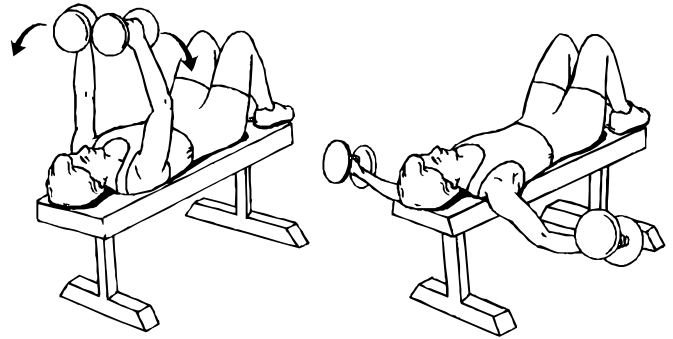
BACK: LATS - 2 Row: Bent Over - Single Arm (Dumbbell)

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



Do 3 sets.  
Complete 10 repetitions.

CHEST - 12 Fly (Dumbbell)

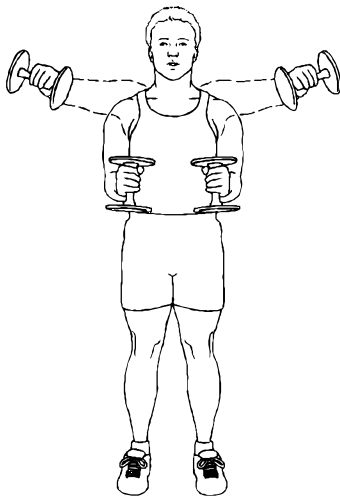


Lower arms until parallel with floor, elbows slightly bent, palms up.

Do 3 sets. Complete 10 repetitions.

SHOULDERS - 14 Lateral Deltoid Raise: Standing (Dumbbell)

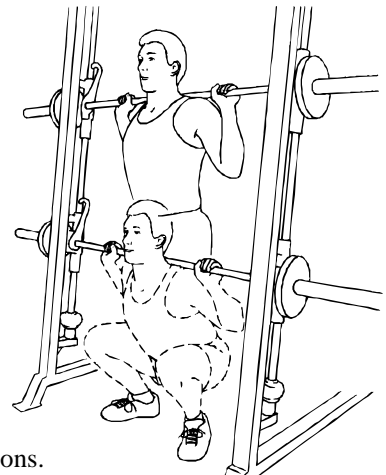
Knees slightly bent, hold elbows at 90° angle. Raise hands and elbows level with shoulders, rotating to palms down at beginning of motion. Lead with elbows.



Do 3 sets.  
Complete 10 repetitions.

LEGS: GLUTES / THIGHS - 11 Back Full Squat (Smith Machine)

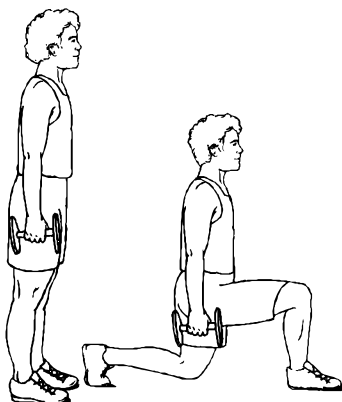
Head up, back straight, squat until backs of thighs touch calves. Keep abdominals tight and maintain weight on heels.



Do 3 sets.  
Complete 12 repetitions.

LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

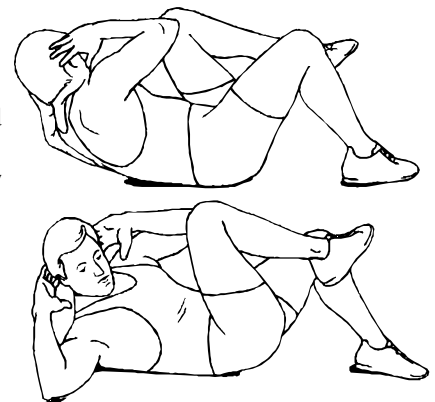
Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.



Do 3 sets.  
Complete 10 repetitions.

ABS - 17 Crunch: Twist – Bent Leg, Alternating

Legs bent, tighten abdominals, raise upper body and one leg. Twist to touch opposite elbow to raised knee. Alternate sides.



Do 3 sets.  
Complete 30 repetitions.