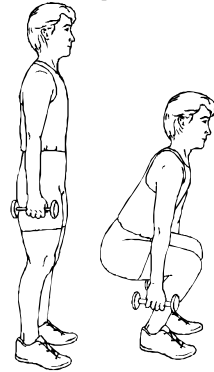


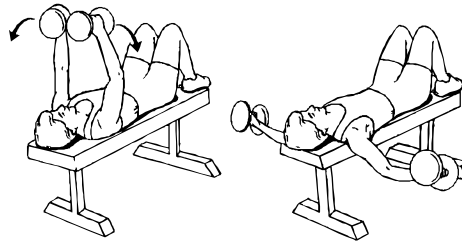
LEGS: GLUTES / THIGHS - 4 Parallel Squat (Dumbbell)

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



Do 2-3 sets.
Complete 12-15 repetitions.

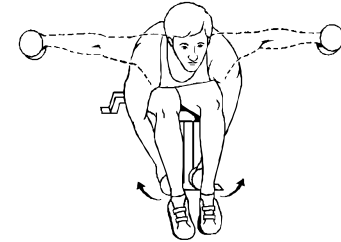
CHEST - 12 Fly (Dumbbell)



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

Do 2-3 sets. Complete 12-15 repetitions.

SHOULDERS - 18 Rear Deltoid Raise: Sitting (Dumbbell)

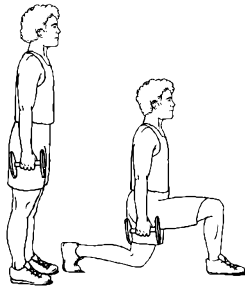


Elbows slightly bent, palms in, raise arms to parallel with floor. Make sure to keep your back flat and abs engaged at all times. NO SWINGING!

Do 2-3 sets. Complete 12-15 repetitions.

LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

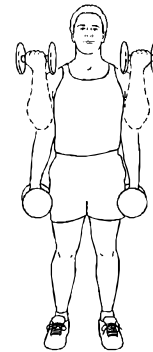
Legs shoulder width apart, head up, back straight, abs engaged, step backward bending same leg until both knees are 90 degrees. Alternate legs.



Do 2-3 sets.
Complete 10-15 repetitions each side.

ARMS: BICEPS - 8 Curl: Standing (Dumbbell)

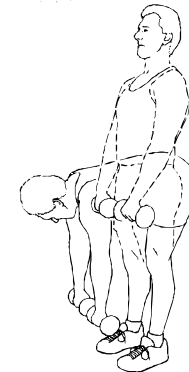
Knees slightly bent, hold weights at sides, palms in. Curl arms toward shoulders, rotating to palms up while beginning curl. This is to be done with the lunge (pictured previously) at the bottom of the movement.



Do 2-3 sets.
Complete 12-15 repetitions.

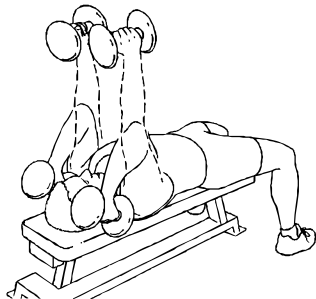
BACK: LOW - 3 Dead Lift (Dumbbell)

Legs straight, back flat, abs engaged, proceed downward to just below knees and then raise torso until in line with legs. Be sure to keep a slight bend in your knees.



Do 2-3 sets.
Complete 12-15 repetitions.

ARMS: TRICEPS - 8 Extension: Lying (Dumbbell)

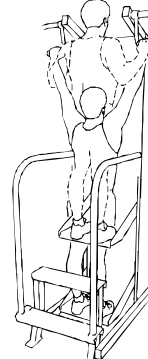


Straighten arms, keeping upper arms perpendicular to floor.

Do 2-3 sets. Complete 12-15 repetitions.

BACK: LATS - 10 Pull-Up: Machine Assist

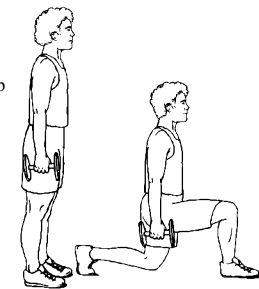
Pull body up until hands are even with shoulders.



Do 2-3 sets.
Complete 10-12 repetitions.

LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

Legs shoulder width apart, head up, back straight, step backward until both knees are 90 degrees. Alternate legs.



Do 2-3 sets.
Complete 10-15 repetitions each side.