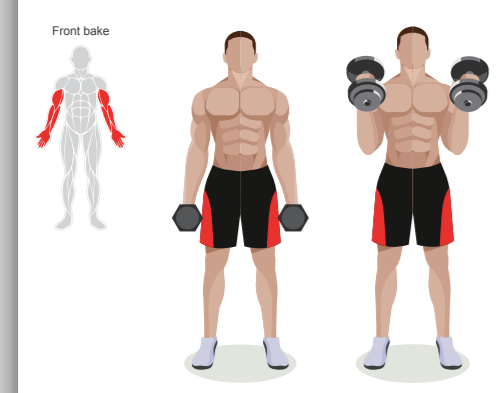
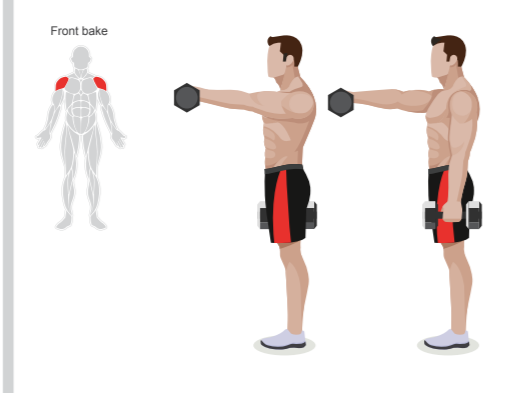


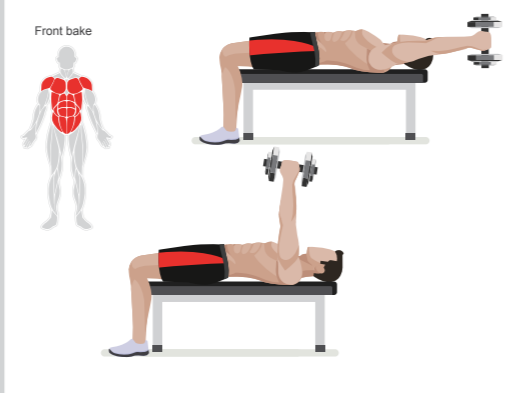
**UPPER BODY**



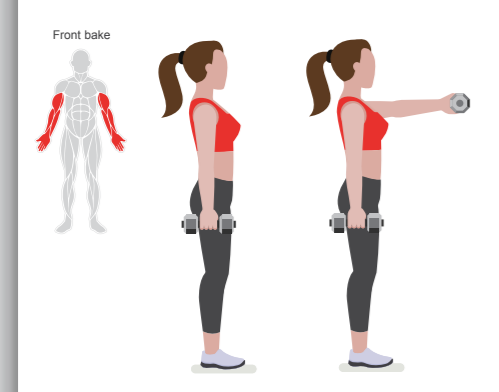
**Hammer curl**



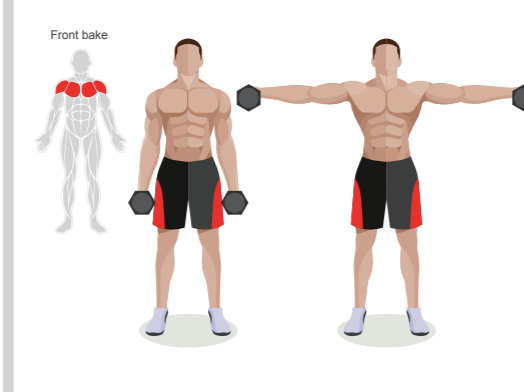
**Alternating front raise**



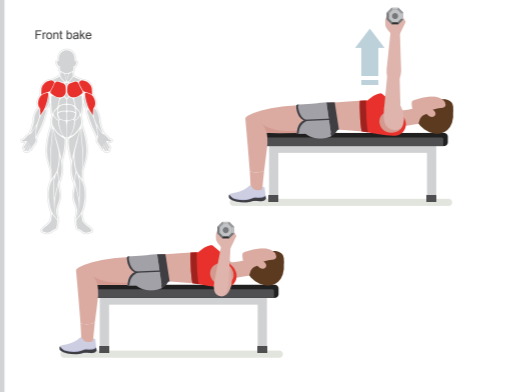
**Dumbbell pullover**



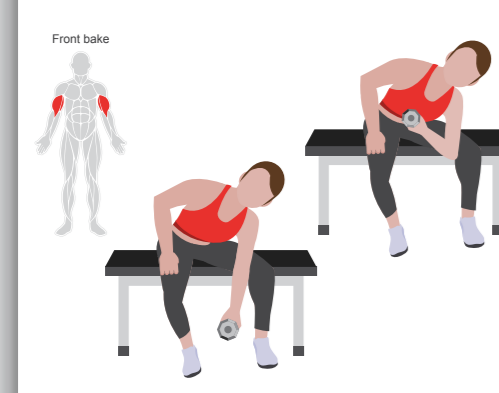
**Grip curl**



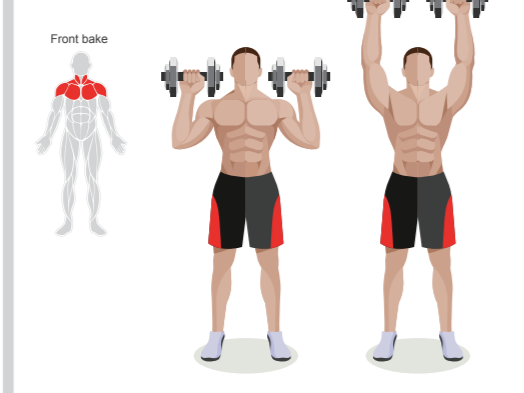
**Side raise**



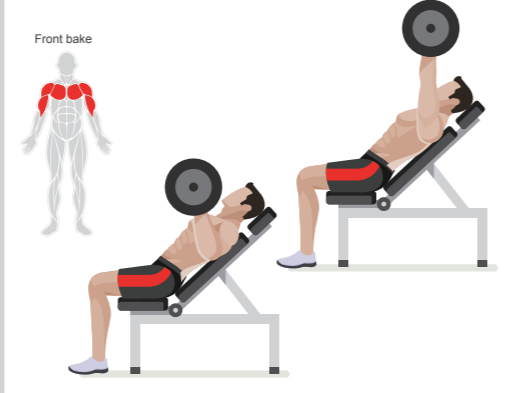
**Bench press**



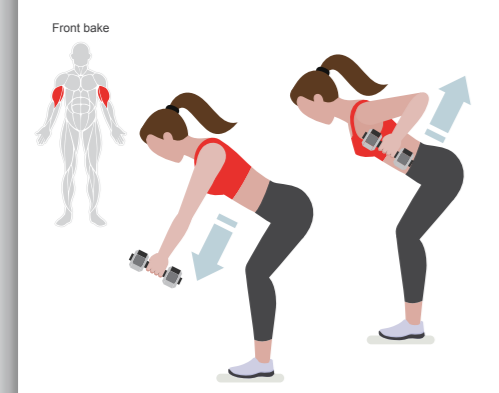
**Concentration curl**



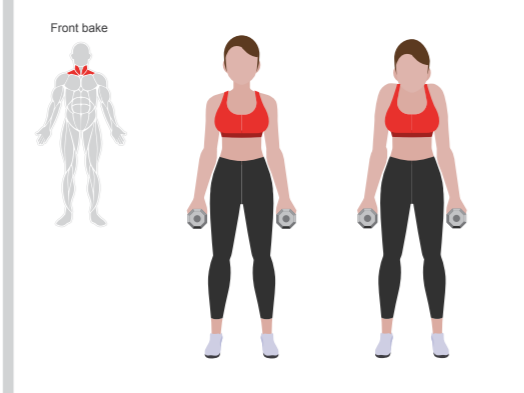
**Shoulder press**



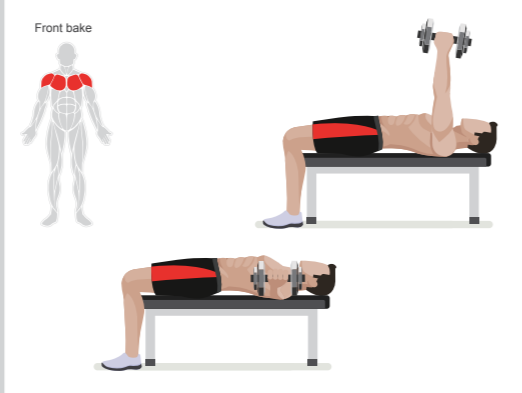
**Incline bench press**



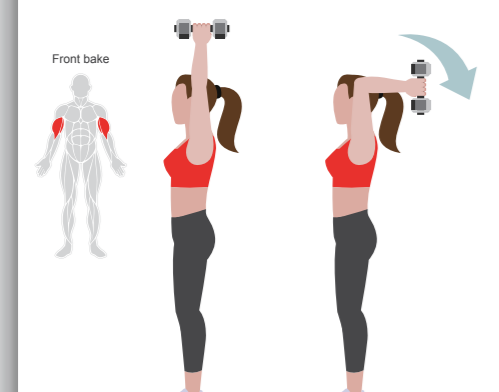
**Tricep kickback**



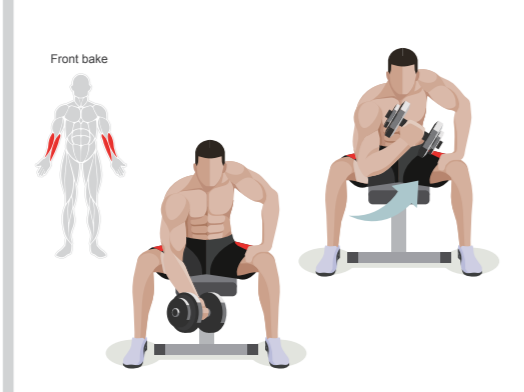
**Shoulder shrug**



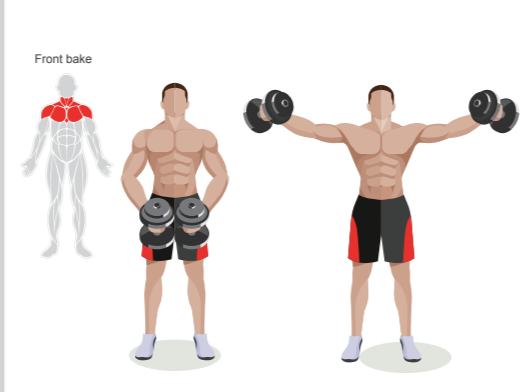
**Chest fly**



**Tricep extension**

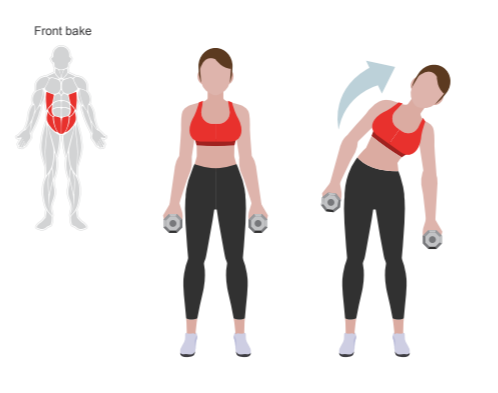


**Wrist curl**

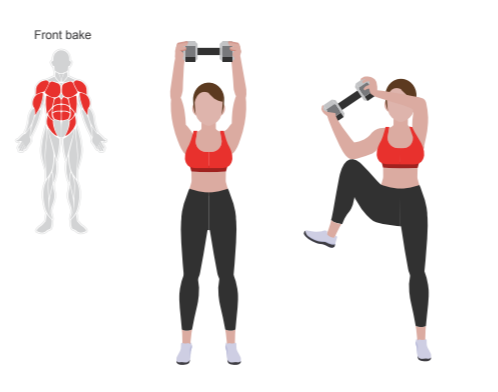


**Reverse fly**

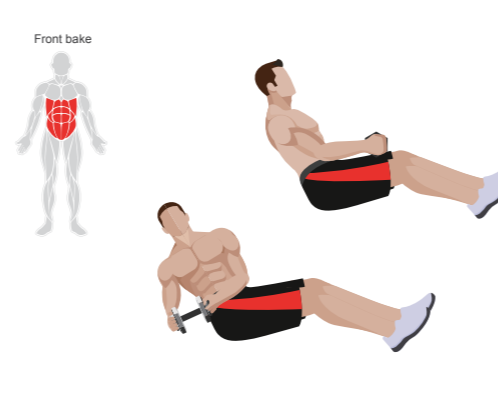
**CORE**



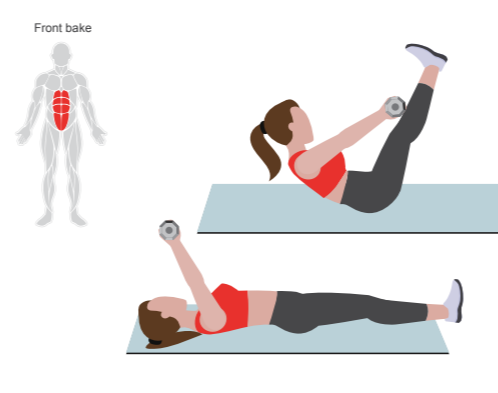
**Side bend**



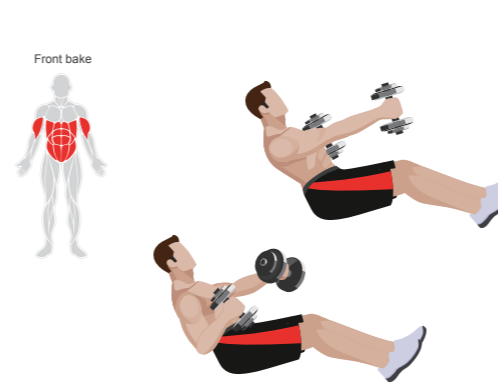
**Bow extension**



**Russian twist**

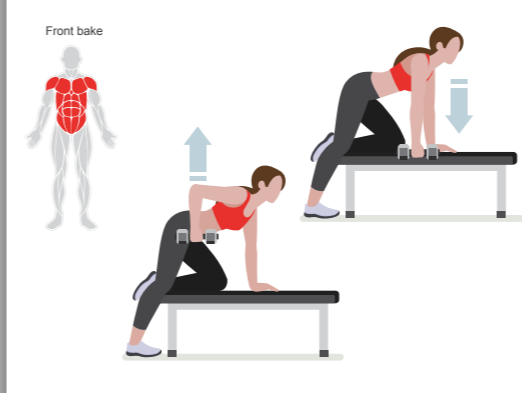


**V-up**

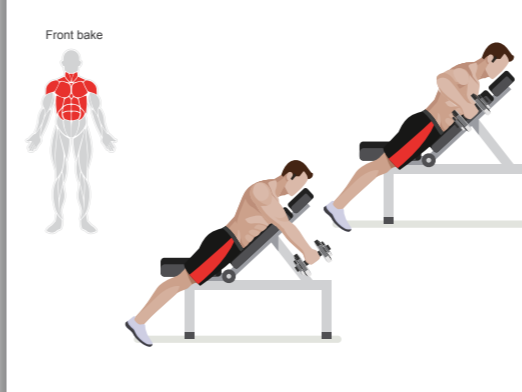


**V-sit cross jab**

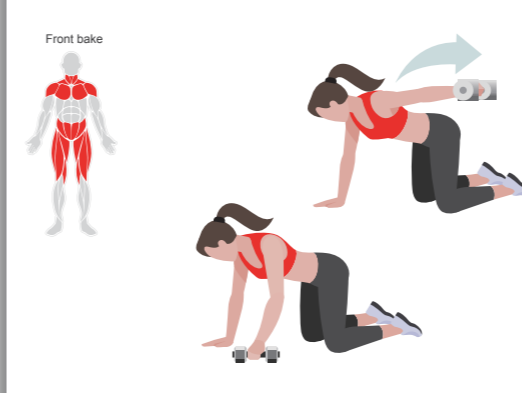
**BACK**



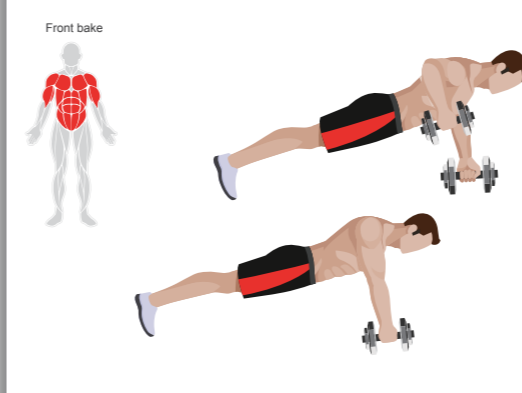
**Single arm row**



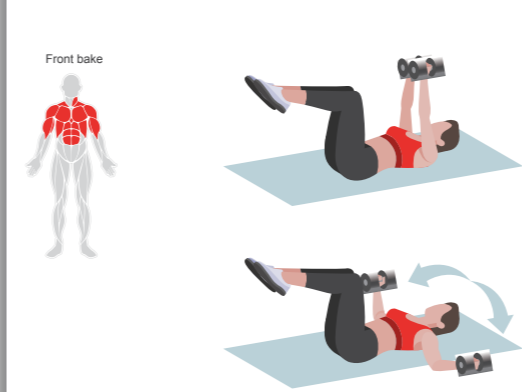
**Incline row**



**Floor T raise**

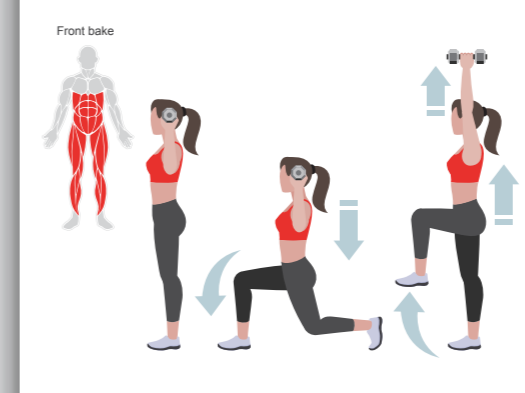


**Renegade row**

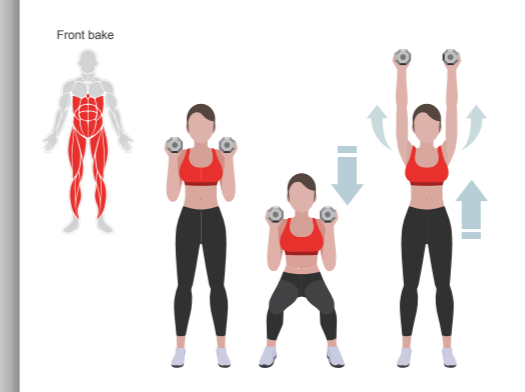


**Swsw row**

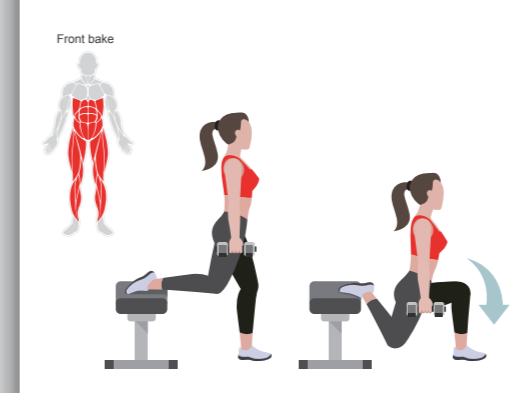
**LOWER BODY**



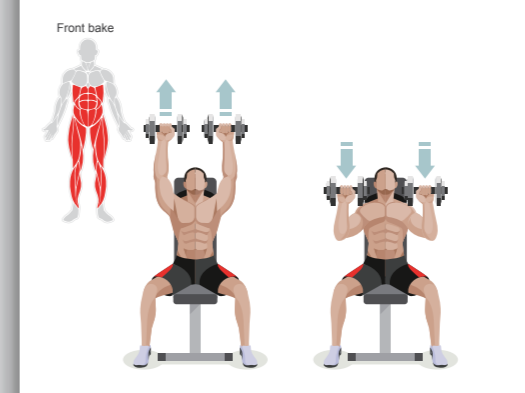
**Squat**



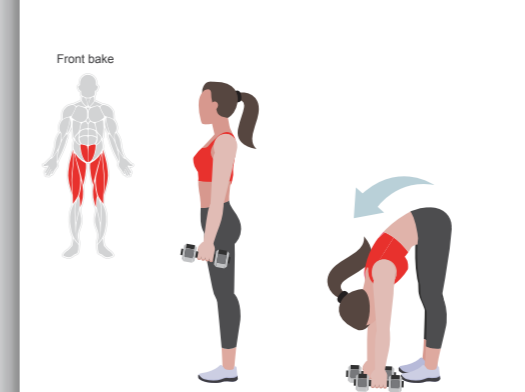
**Goblet squat**



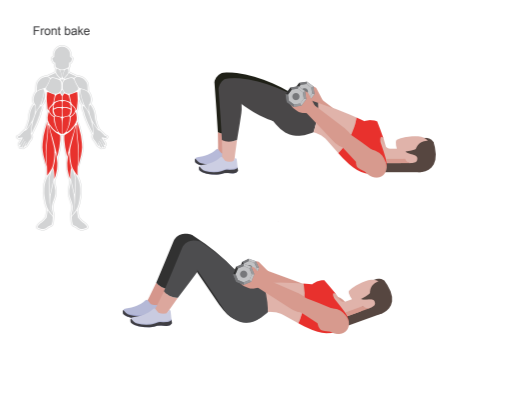
**Sumo squat**



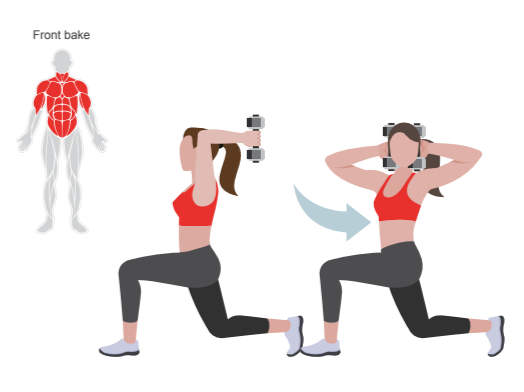
**Shoulder press**



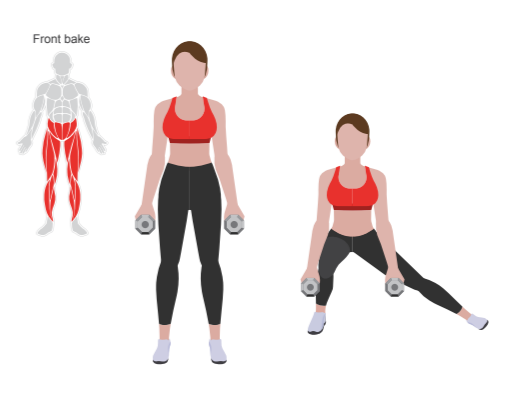
**Romanian deadlift**



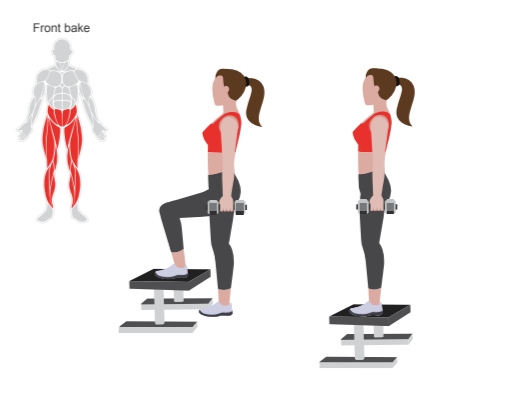
**Glute bridge**



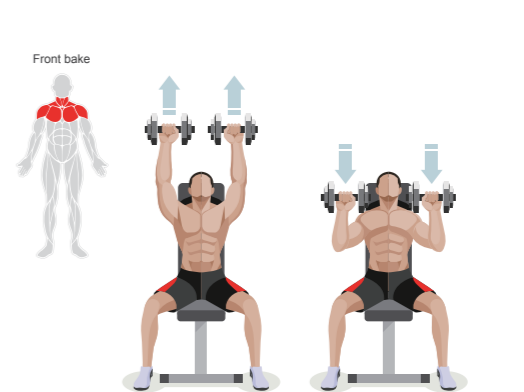
**Reverse lunge**



**Side lunge**

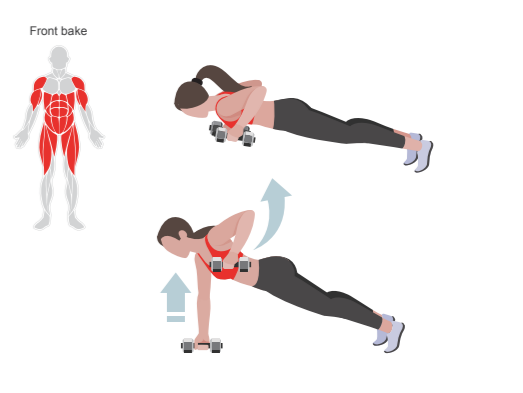


**Steo-up**

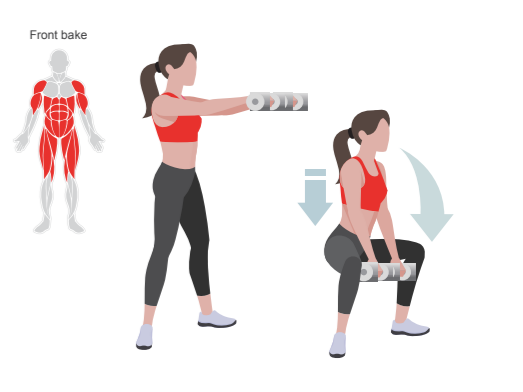


**Shoulder press**

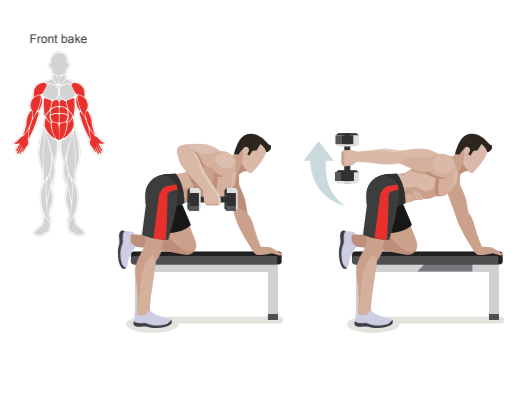
**TOTAL BODY**



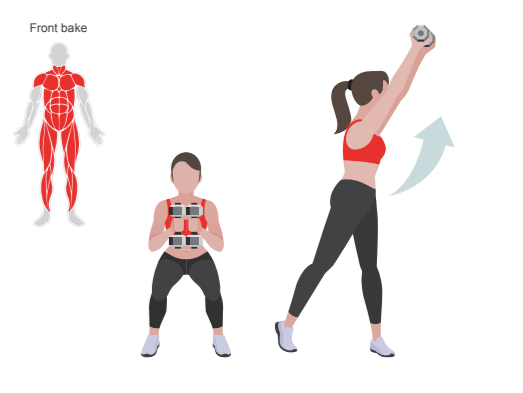
**Plank t**



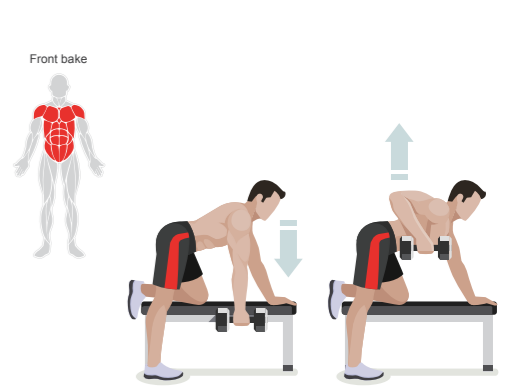
**Swing**



**Single arm row**

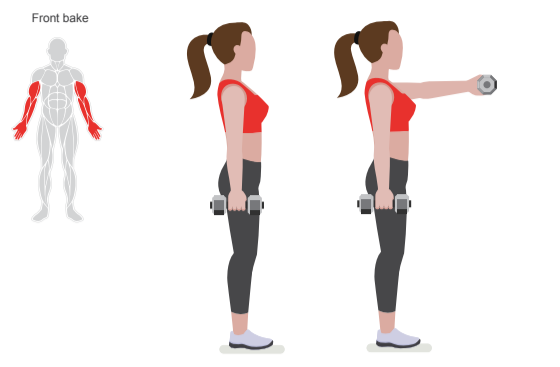
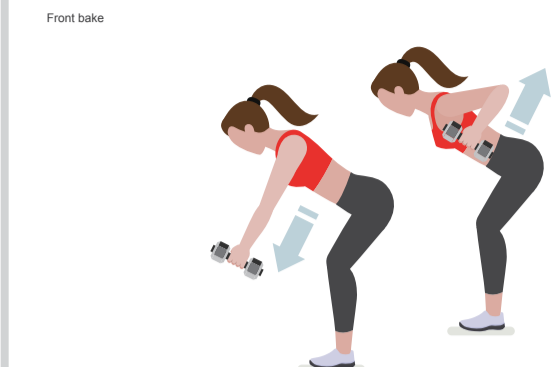
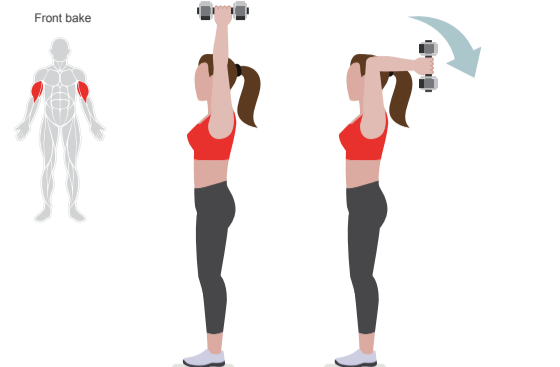
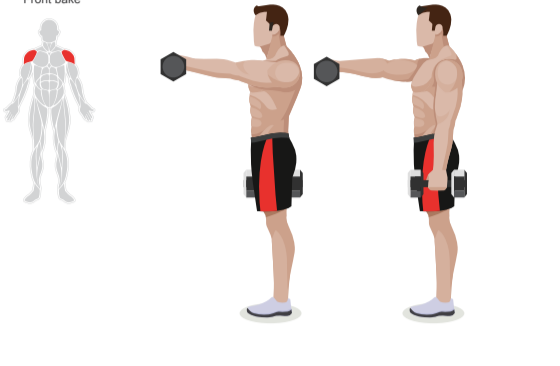
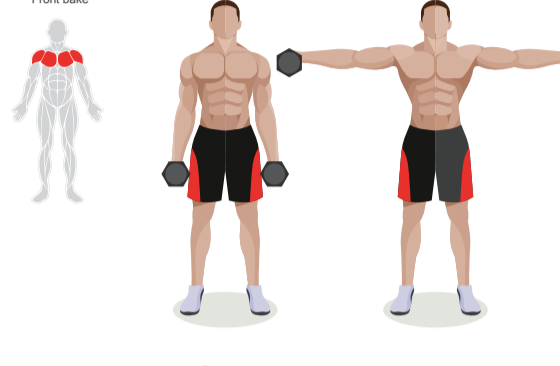
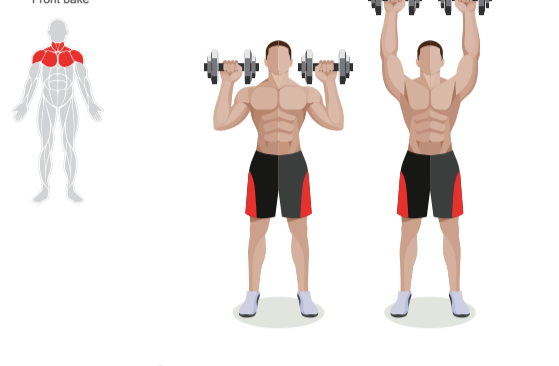
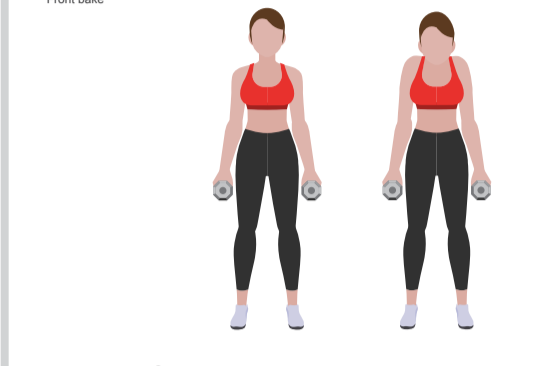
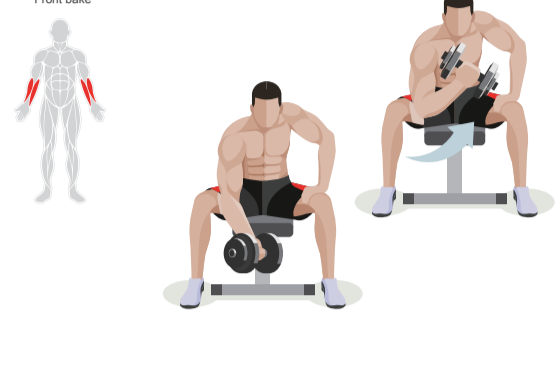
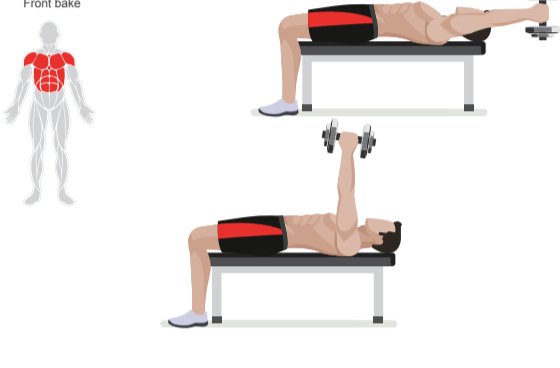
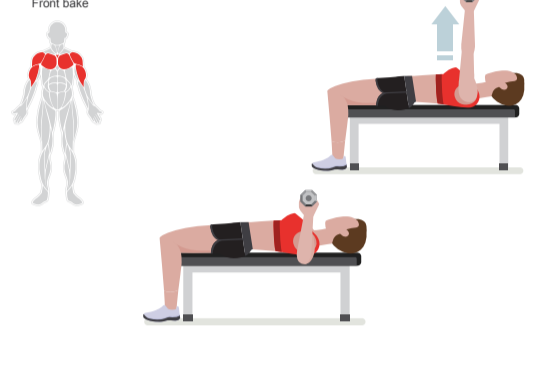
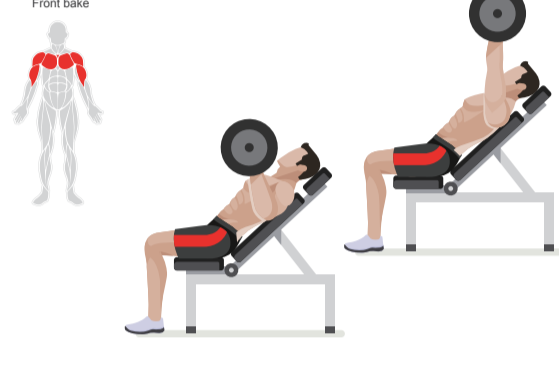
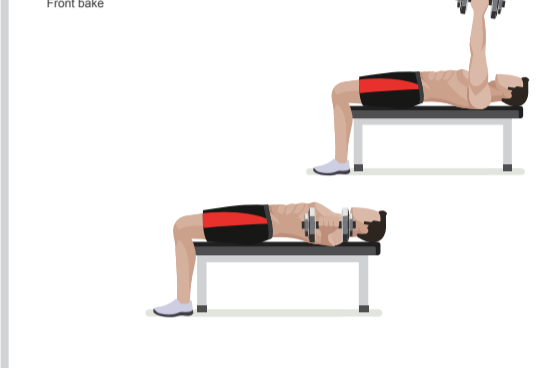
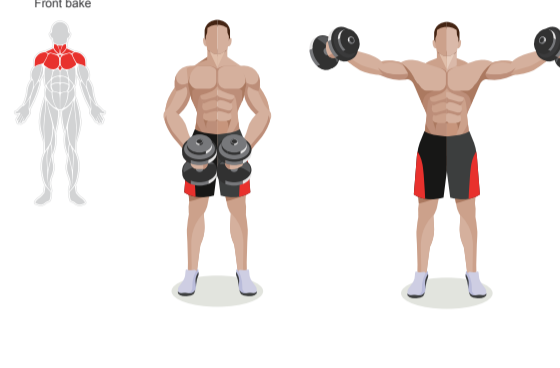


**Thruster**



**Single arm row**

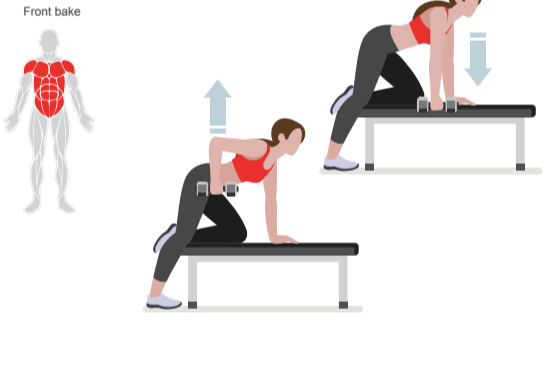
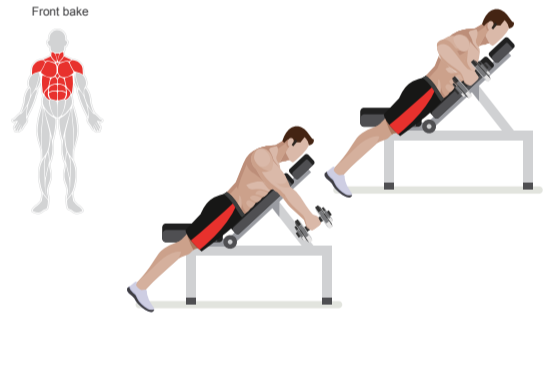
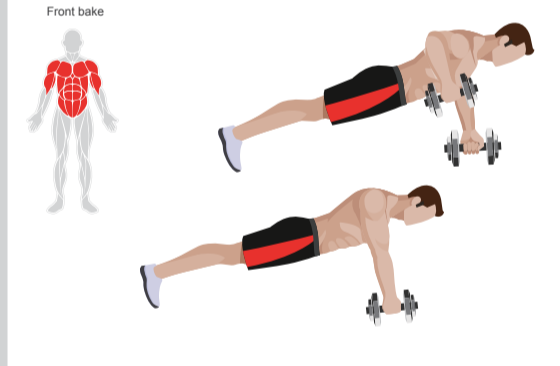
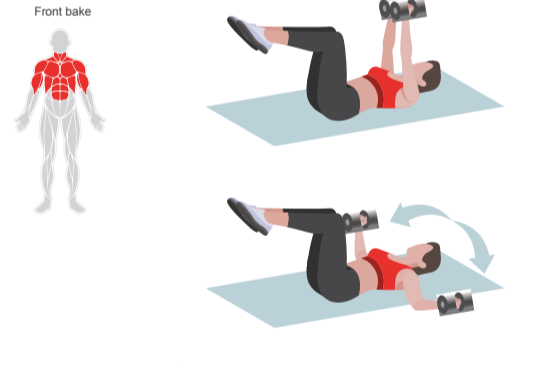
## UPPER BODY

 <p>Front back</p> <p><b>Hammer curl</b></p>	 <p>Front back</p> <p><b>Grip curl</b></p>	 <p>Front back</p> <p><b>Concentration curl</b></p>	 <p>Front back</p> <p><b>Tricep kickback</b></p>	 <p>Front back</p> <p><b>Tricep extension</b></p>
 <p>Front back</p> <p><b>Alternating front raise</b></p>	 <p>Front back</p> <p><b>Side raise</b></p>	 <p>Front back</p> <p><b>Shoulder press</b></p>	 <p>Front back</p> <p><b>Shoulder shrug</b></p>	 <p>Front back</p> <p><b>Wrist curl</b></p>
 <p>Front back</p> <p><b>Dumbbell pullover</b></p>	 <p>Front back</p> <p><b>Bench press</b></p>	 <p>Front back</p> <p><b>Incline bench press</b></p>	 <p>Front back</p> <p><b>Chest fly</b></p>	 <p>Front back</p> <p><b>Reverse fly</b></p>

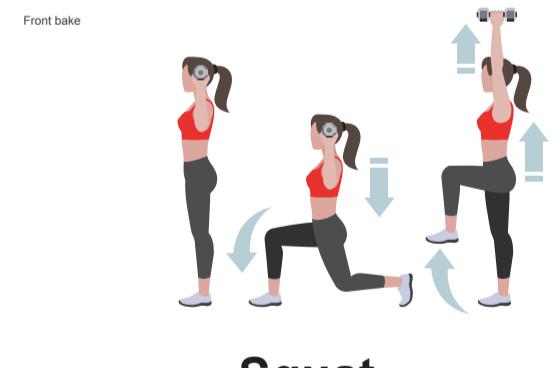
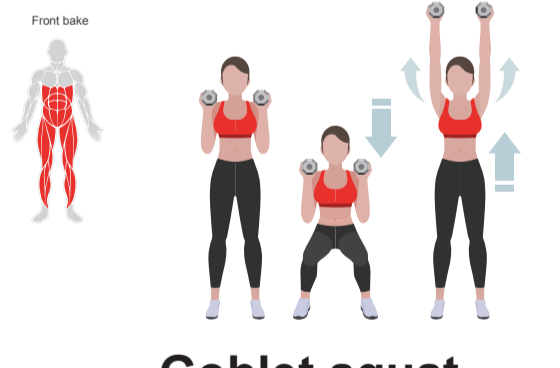
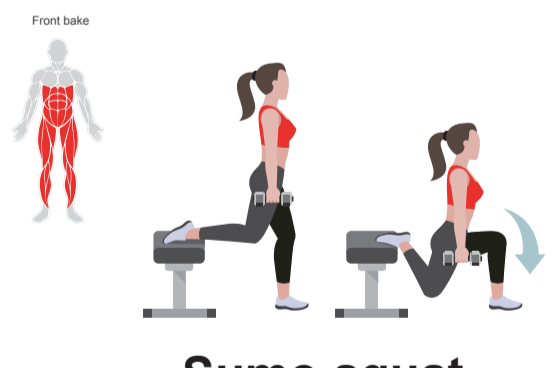
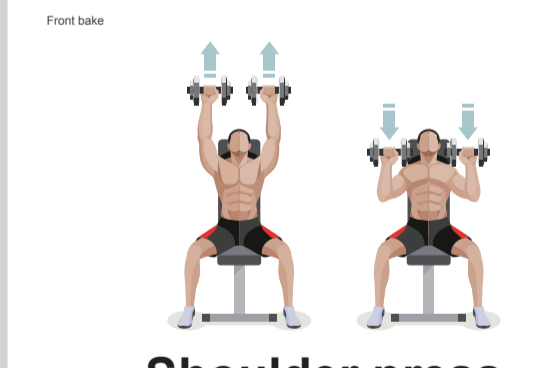
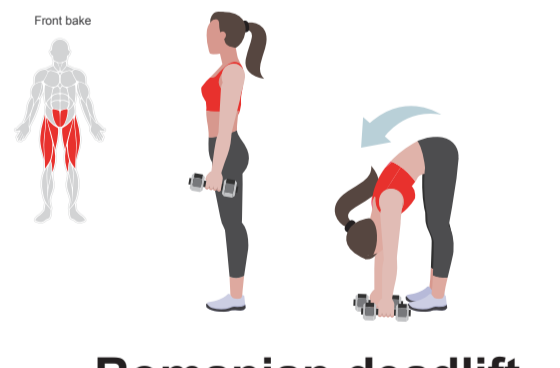
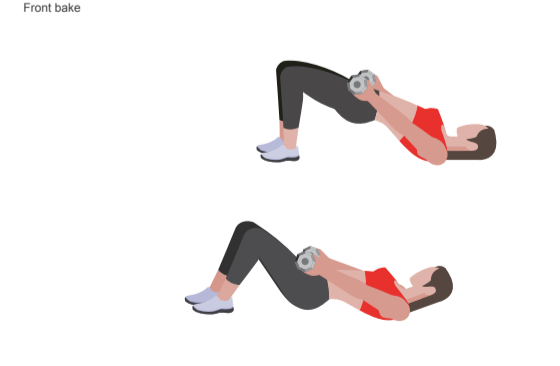

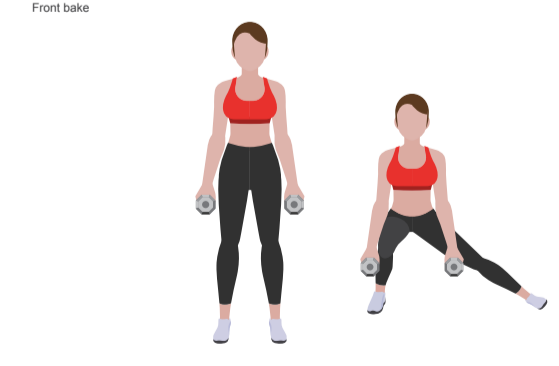
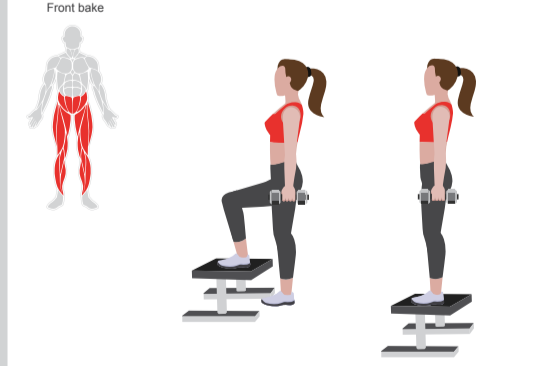
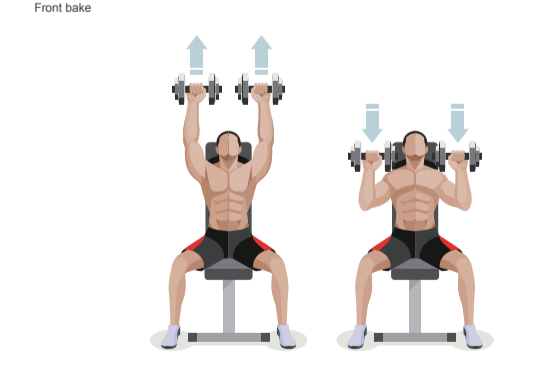
## CORE

 <p>Front back</p> <p><b>Side bend</b></p>	 <p>Front back</p> <p><b>Bow extension</b></p>	 <p>Front back</p> <p><b>Russian twist</b></p>	 <p>Front back</p> <p><b>V-up</b></p>	 <p>Front back</p> <p><b>V-sit cross jab</b></p>
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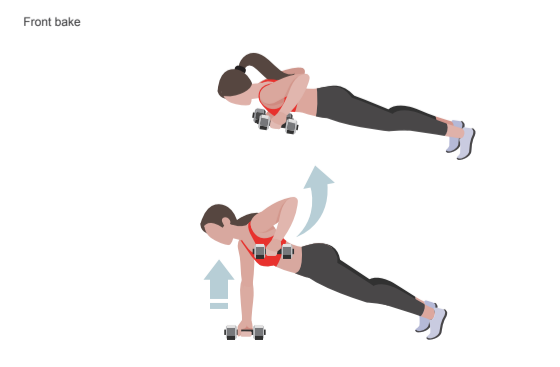
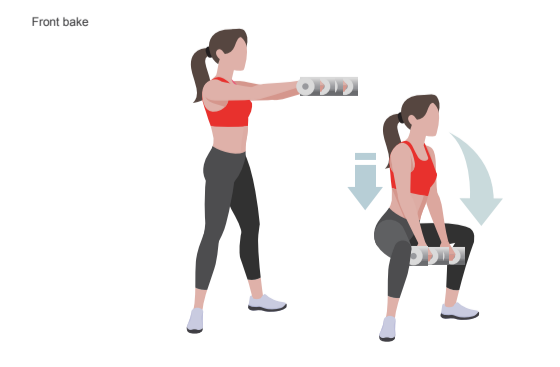
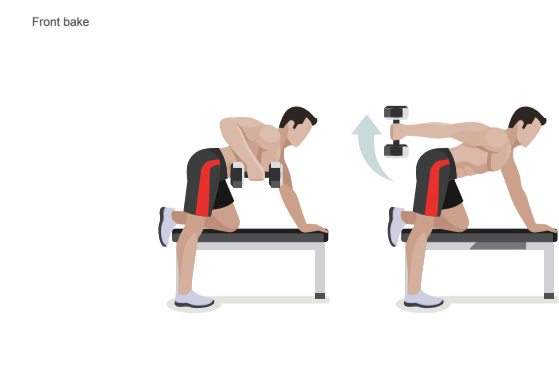
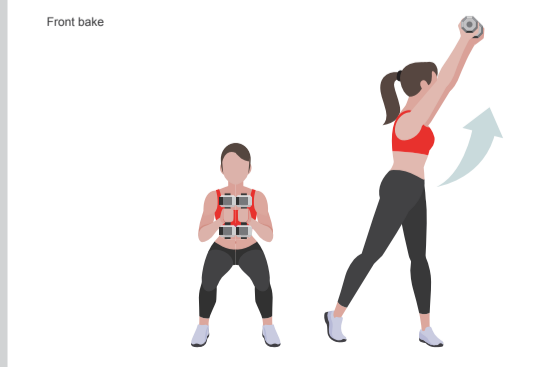
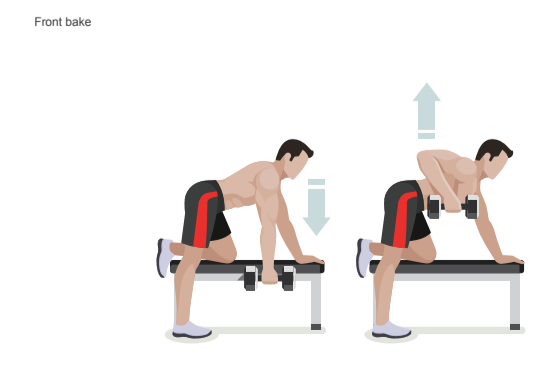
## BACK

 <p>Front back</p> <p><b>Single arm row</b></p>	 <p>Front back</p> <p><b>Incline row</b></p>	 <p>Front back</p> <p><b>Floor t raise</b></p>	 <p>Front back</p> <p><b>Renegade row</b></p>	 <p>Front back</p> <p><b>Swiss saw row</b></p>
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## LOWER BODY

 <p>Front back</p> <p><b>Squat</b></p>	 <p>Front back</p> <p><b>Goblet squat</b></p>	 <p>Front back</p> <p><b>Sumo squat</b></p>	 <p>Front back</p> <p><b>Shoulder press</b></p>	 <p>Front back</p> <p><b>Romanian deadlift</b></p>
 <p>Front back</p> <p><b>Glute bridge</b></p>	 <p>Front back</p> <p><b>Reverse lunge</b></p>	 <p>Front back</p> <p><b>Side lunge</b></p>	 <p>Front back</p> <p><b>Step-up</b></p>	 <p>Front back</p> <p><b>Shoulder press</b></p>

## TOTAL BODY

 <p>Front back</p> <p><b>Plank t</b></p>	 <p>Front back</p> <p><b>Swing</b></p>	 <p>Front back</p> <p><b>Single arm row</b></p>	 <p>Front back</p> <p><b>Thruster</b></p>	 <p>Front back</p> <p><b>Single arm row</b></p>
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