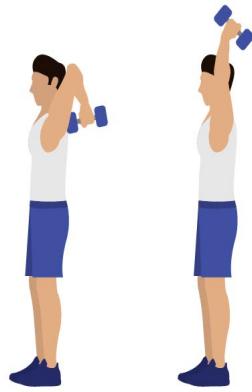
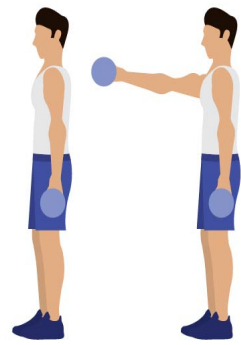


**12 alt bicep curls**  
3 sets | 20 sec rest

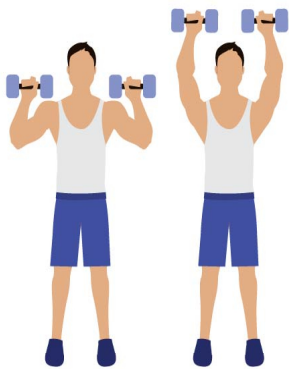


**6 tricep extentions**  
3 sets | 20 sec rest

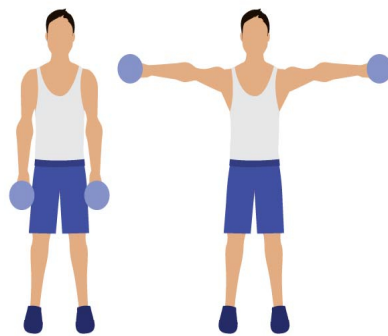


**12 front arm raises**  
3 sets | 20 sec rest

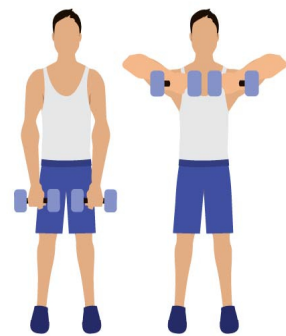
## Full Body Dumbbell



**6 side arm raises**  
3 sets | 20 sec rest



**6 upright rows**  
3 sets | 20 sec rest



**6 shoulder press**  
3 sets | 20 sec rest