

Arnold Press
3 sets | 12 Reps

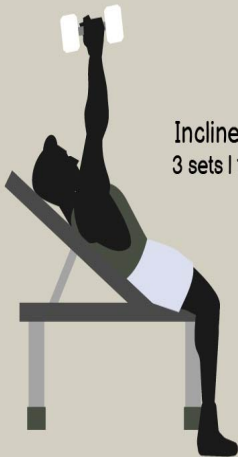


Overhead Extension
3 sets | 12 Reps

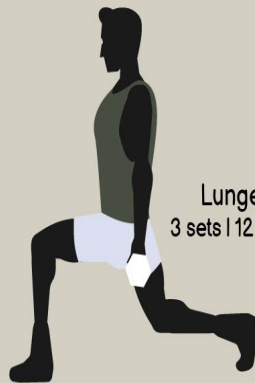
Bent Over Rows
3 sets | 12 Reps



Dumbbell Gym Workout



Incline Press
3 sets | 12 Reps



Lunges
3 sets | 12 Reps

Hammer Curls
3 sets | 12 Reps

