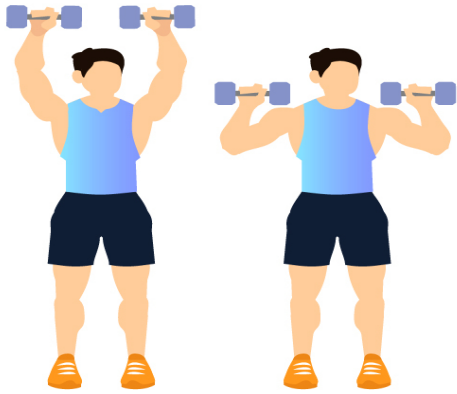
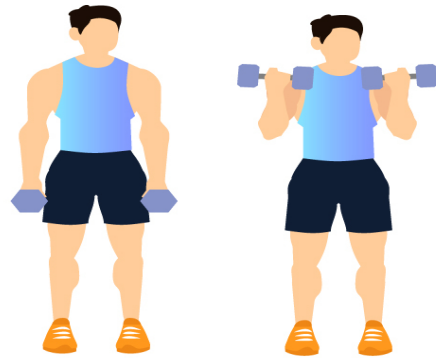


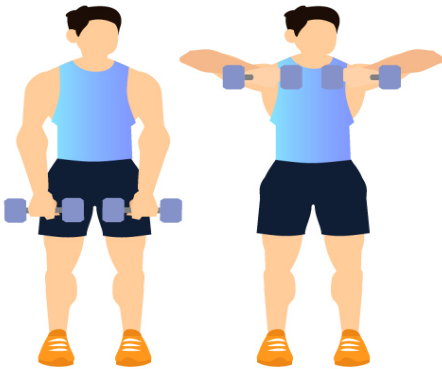
Dumbbell Workout



6 shoulder press
3 sets | 20 sec rest



6 tricep extensions
3 sets | 20 sec rest



6 upright rows
3 sets | 20 sec rest



6 tricep extensions
3 sets | 20 sec rest