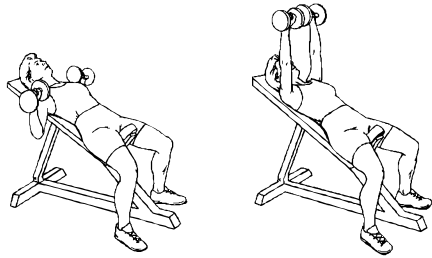


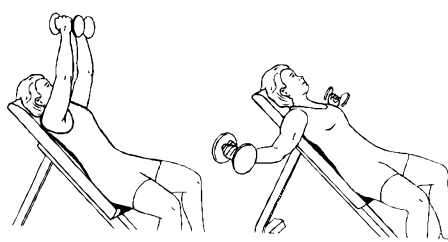
CHEST - 7 Incline Bench Press



From starting position with dumbbells at chest level, press to straight arm position.

Complete 8 repetitions. Do 2 sets.

CHEST - 14 Incline Bench Fly

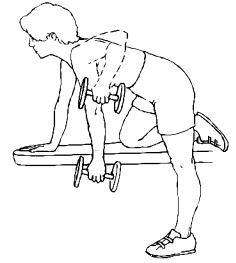


From starting position with arms slightly bent, lower weight to shoulder level with palms facing upward.

Complete 8 repetitions. Do 2 sets.

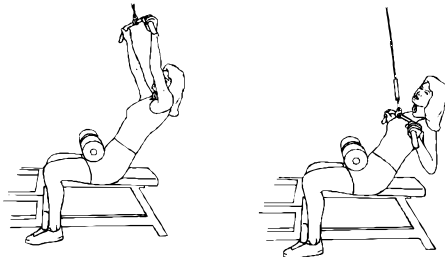
BACK: LATS - 1 One Arm Bent-Over Row

From starting position, pull dumbbell to side of chest. Complete all repetitions with one arm, then repeat with other arm.



Complete 8 repetitions. Do 2 sets.

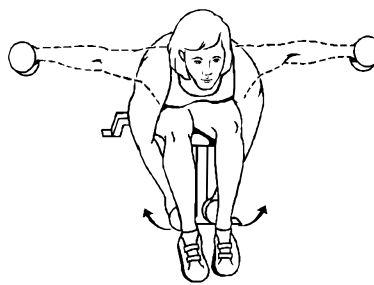
BACK: LATS - 6 Angled Wide Grip Pull-Down



Leaning away from machine and using wide grip, pull bar to upper chest area.

Complete 8 repetitions. Do 2 sets.

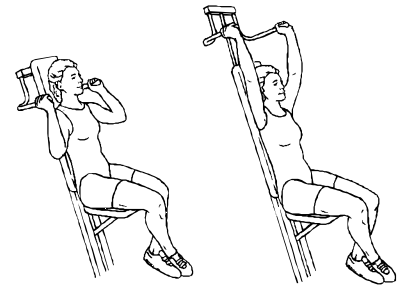
SHOULDERS - 11 Seated Rear Deltoid Raise



Raise slightly bent arms until parallel with floor.

Complete 8 repetitions. Do 2 sets.

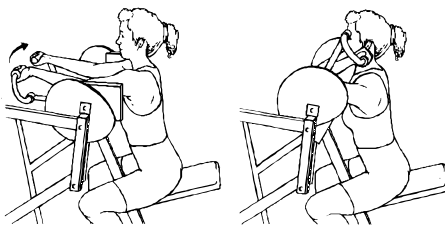
SHOULDERS - 19 Seated Press



From starting position, press grips to straight arm position.

Complete 8 repetitions. Do 2 sets.

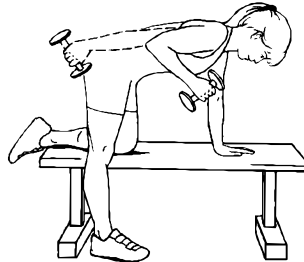
ARMS: BICEPS - 11 Seated Curl



Adjust seat so upper arms are parallel to support pad. Curl grips to shoulders.

Complete 8 repetitions. Do 2 sets.

ARMS: TRICEPS - 1 Bent-Over Kickback

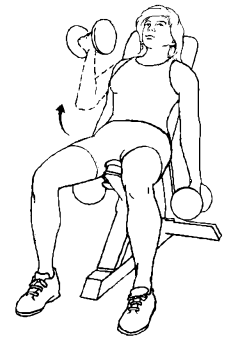


Straighten arm backward to elbow-locked position. Repeat with other arm.

Complete 8 repetitions. Do 2 sets.

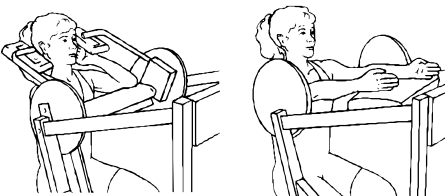
ARMS: BICEPS - 3 Seated Incline Alternating Curl

Keeping upper arms close to sides, curl dumbbell to shoulder and back to straight arm position. Alternate arms.



Complete 8 repetitions. Do 2 sets.

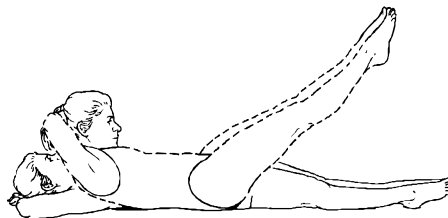
ARMS: TRICEPS - 10 Seated Tricep Extension



Adjust seat so shoulders are slightly higher than support pad. Extend to straight arm position.

Complete 8 repetitions. Do 2 sets.

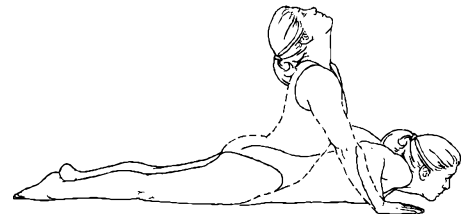
YOGA - 36 Half Boat Pose



Lie on back with hands clasped behind head. Exhale and lift legs to 45°, rounding up head and shoulders.

Hold for 5-10 breaths.

YOGA - 32 Cobra



Lie prone, face down, hands next to middle of chest. Inhale and press up torso in back arch. Keep long curve in neck, shoulders down, and buttocks engaged to protect lower back. Hold for 3-6 breaths.

*BEGINNER: Keep hips on floor; straighten arms halfway.*