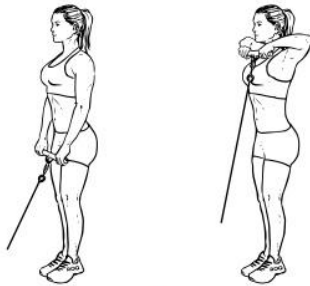
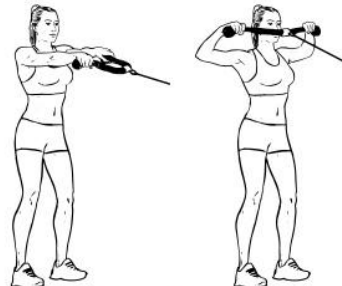


Cable Upright Row



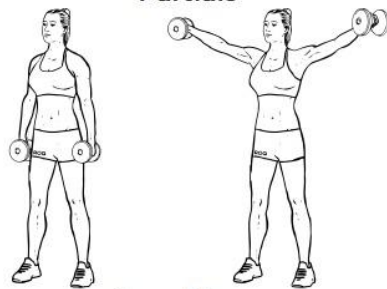
2 sets 15 reps

Face Pull / Rear Delt Pull



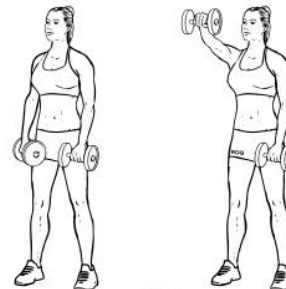
2 sets 15 reps

Dumbbell Lateral Raise / Power Partial



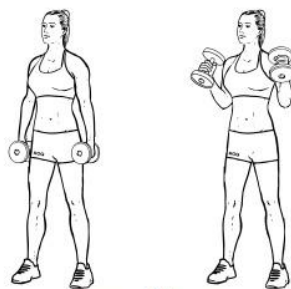
1 sets 15 reps

Forward / Front Dumbbell Raise



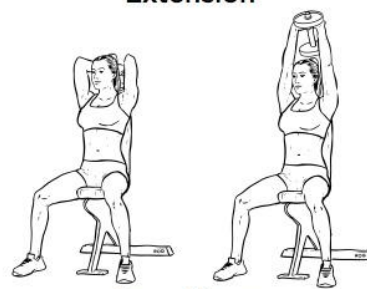
1 sets 15 reps

Hammer Curls



1 sets 12 reps

Seated Tricep Press / Overhead Extension



1 sets 12 reps