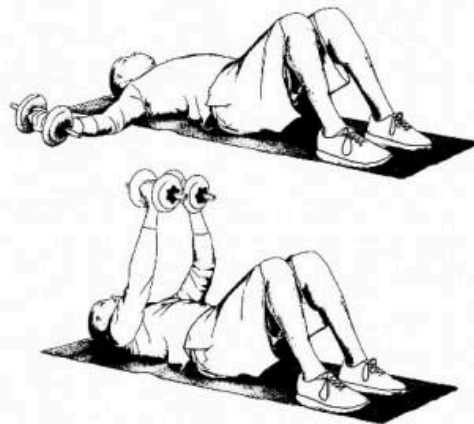




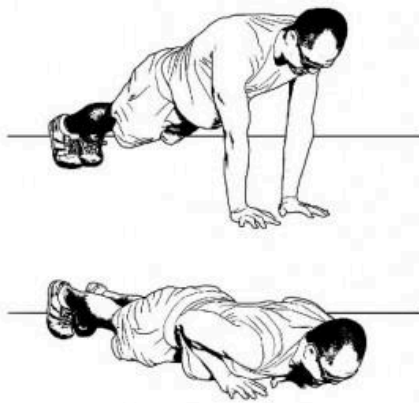
**Bench Press**

Circuit III: Add weight plates to a barbell, to fatigue at 8-10 reps of bench press.



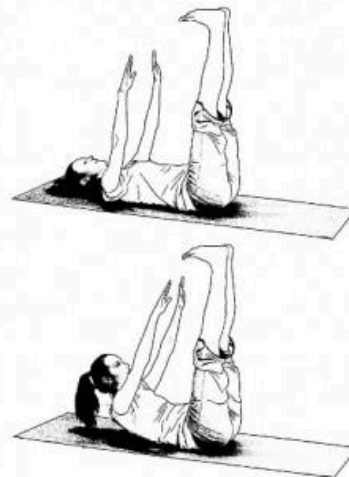
**Floor Chest Fly**

Circuit IV: Use kettlebells or dumbbells to perform 10-12 floor chest flies.



**Narrow Grip Push-up**

Cool- down I: 50 narrow grip push- ups.



**Toe Touch Crunch**

Cool- down II: 60 toe touch crunches.