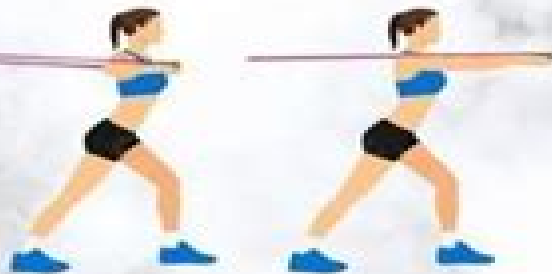


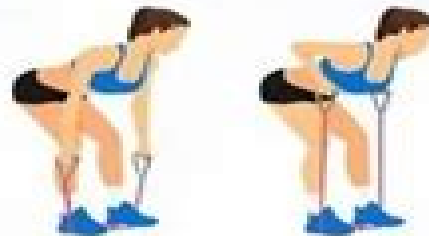
UPPER BODY RESISTANCE BAND

CHEST PRESS



4 SETS 12 REPS

BACK ROW



4 SETS 10 REPS

LATERAL RAISES



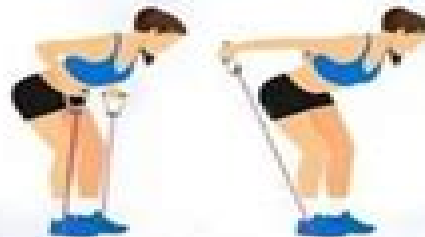
4 SETS 10 REPS

BICEPS CURLS



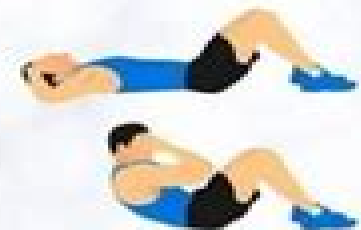
4 SETS 12 REPS

TRICEPS KICKBACK



3 SETS 15 REPS

CRUNCH



3 SETS 45 SECS

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