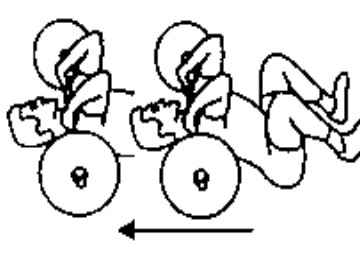
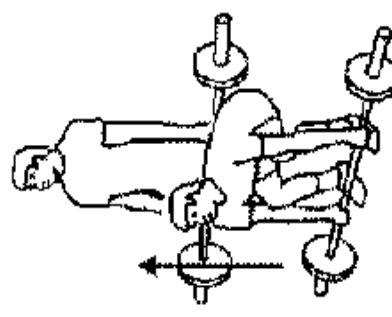

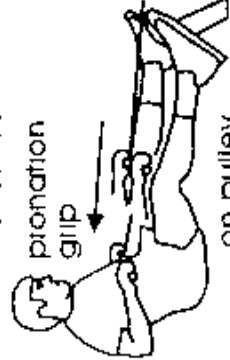
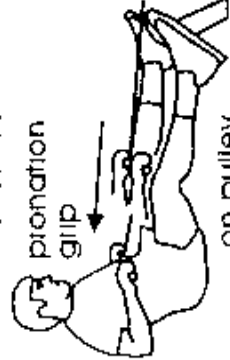
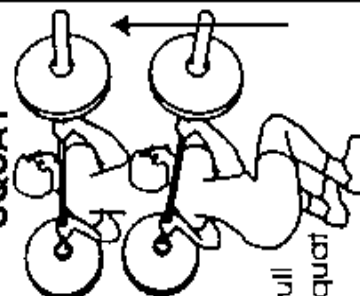
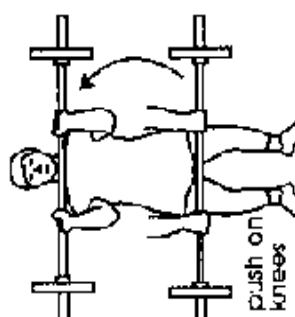

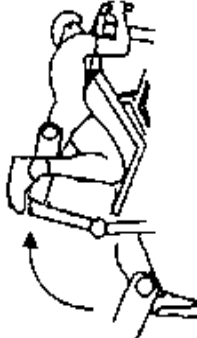
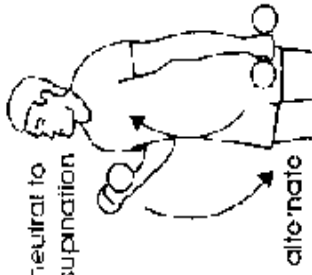
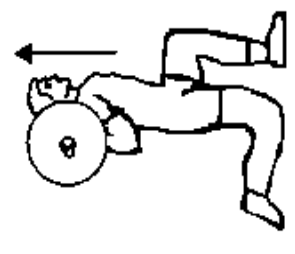


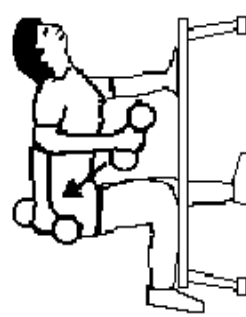


<p><b>FRONT SQUAT</b></p> 	<p><b>DEAD LIFT</b></p> 	<p><b>DUMBBELL PRESS</b></p>  <p>DON'T LOCK ARMS</p>	<p><b>SEATED ROW</b></p> <p>-keep back straight -chest out -pronation grip on pulley</p> 	<p><b>SEATED ROW</b></p> <p>-keep back straight -chest out -pronation grip on pulley</p> 
<p><b>SQUAT</b></p> <p>Full squat</p> 	<p><b>POWER CLEAN</b></p>  <p>push on knees</p>	<p><b>BENCH PULL</b></p> <p>wide grip</p> 	<p><b>SINGLE-LEG CURL</b></p> 	<p><b>DUMBBELL ARM CURL</b></p> <p>neutral to supination alternate</p> 
<p><b>SPLIT SQUAT</b></p> 	<p><b>DUMBBELL INCLINE PRESS</b></p> <p>DON'T LOCK ARMS</p> 	<p><b>ROTATOR CUFF</b></p>  <p>KEEP ELBOW PINNED TO SIDE</p>	<p><b>TRICEPS</b></p> <p>KEEP ELBOW PINNED AGAINST BODY EXTEND ARM STRAIGHT BACK</p> 	<p><b>TRICEPS</b></p> <p>KEEP ELBOW PINNED AGAINST BODY EXTEND ARM STRAIGHT BACK</p> 