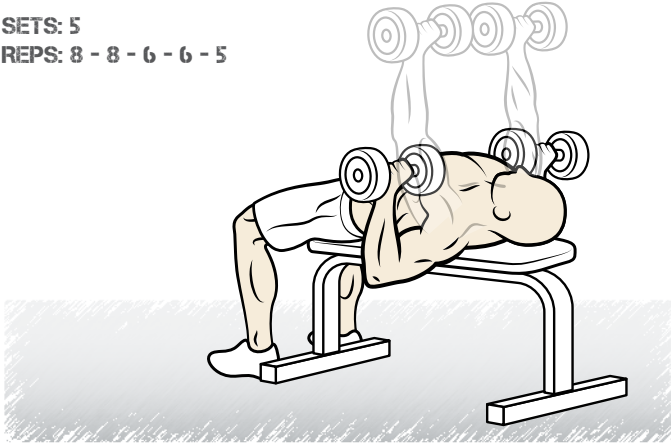


## WORKOUT 1

### 1 DUMBBELL BENCH PRESS

Lie on bench with dumbbells positioned to sides of chest with bent arm under each dumbbell. Press dumbbells up with elbows at sides until arms are extended. Lower weight to sides of upper chest until a slight stretch is felt in chest or shoulder.

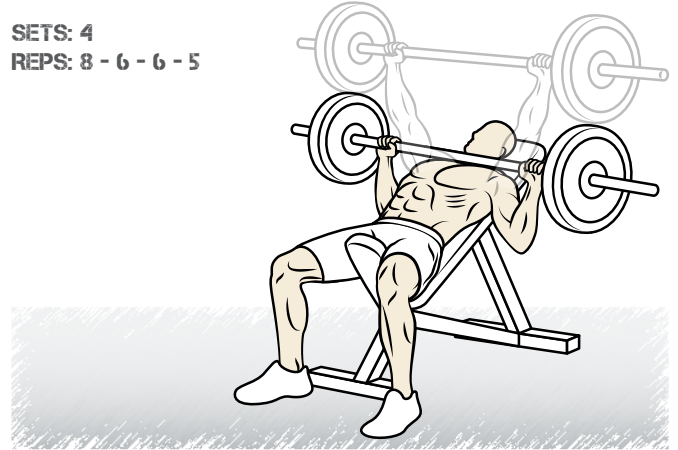
SETS: 5  
REPS: 8 - 8 - 6 - 6 - 5



### 2 INCLINE BARBELL BENCH PRESS

Lie face up on incline bench. Position bar at your upper chest using wide oblique overhand grip. Press bar until arms are extended. Lower weight to sides of upper chest until slight stretch is felt in chest or shoulder.

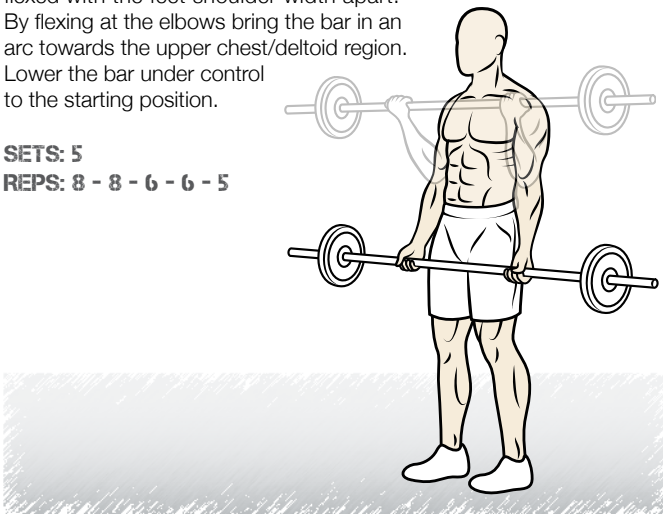
SETS: 4  
REPS: 8 - 6 - 6 - 5



### 3 BARBELL CURL

Grasp a barbell with underhand grip. Knees should be slightly flexed with the feet shoulder width apart. By flexing at the elbows bring the bar in an arc towards the upper chest/deltoid region. Lower the bar under control to the starting position.

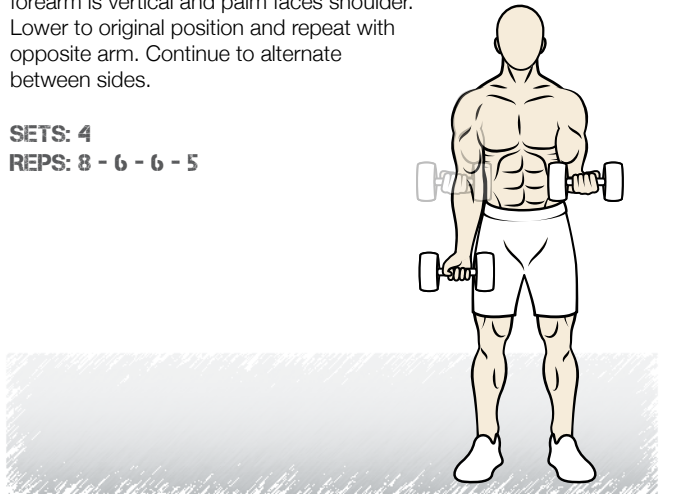
SETS: 5  
REPS: 8 - 8 - 6 - 6 - 5



### 4 ALTERNATING DUMBBELL CURL

Position dumbbells to sides, palms facing in, arms straight. With elbows to sides, raise one dumbbell and rotate forearm until forearm is vertical and palm faces shoulder. Lower to original position and repeat with opposite arm. Continue to alternate between sides.

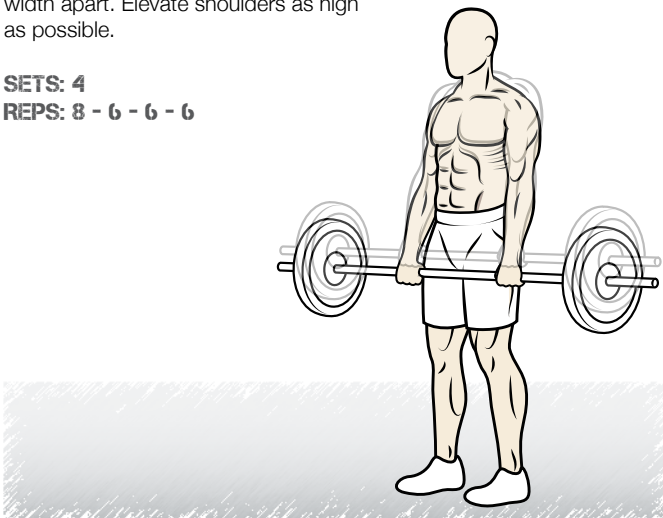
SETS: 4  
REPS: 8 - 6 - 6 - 5



### 5 SHRUGS

Stand holding the barbell with overhand grip. Feet shoulder width apart. Elevate shoulders as high as possible.

SETS: 4  
REPS: 8 - 6 - 6 - 6



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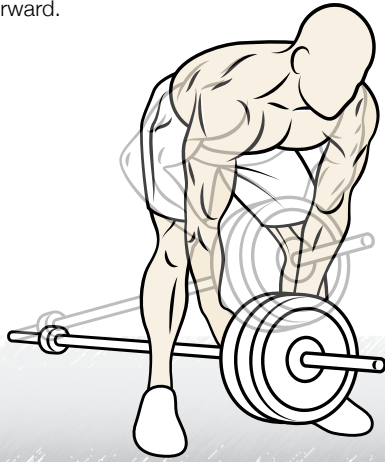
## WORKOUT 2

### 1 T-BAR ROW

Bend knees slightly and bend over lever machine handles with back straight. Grasp lever handles with a wide overhand grip. Pull lever up to torso. Return until arms are extended and shoulders are stretched forward.

SETS: 5

REPS: 8 - 8 - 6 - 6 - 5

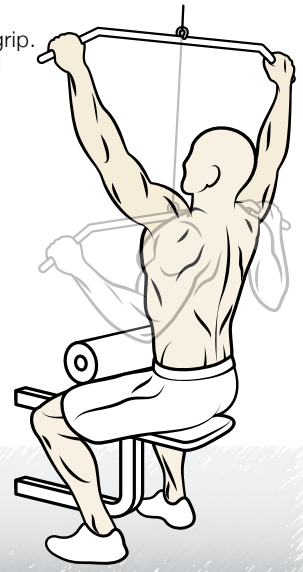


### 2 WIDE PULL DOWN

Grasp cable bar with wide grip. Sit with thighs under supports. Pull down cable bar to upper chest. Return until arms and shoulders are fully extended.

SETS: 4

REPS: 8 - 6 - 6 - 5

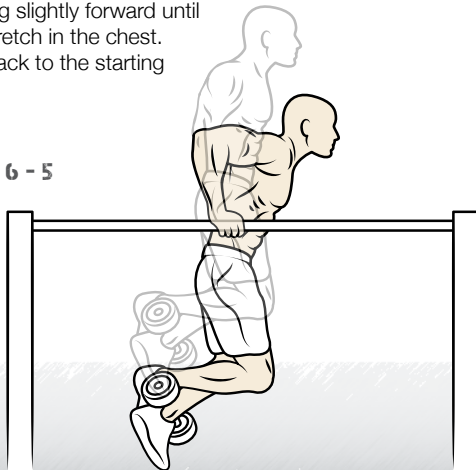


### 3 WEIGHTED DIPS

Place dumbbell between lower legs just above feet. Hold your body at arm's length (arms locked) above the bars. Lower your torso slowly while leaning slightly forward until you feel a slight stretch in the chest. Bring your body back to the starting position.

SETS: 5

REPS: 8 - 8 - 6 - 6 - 5

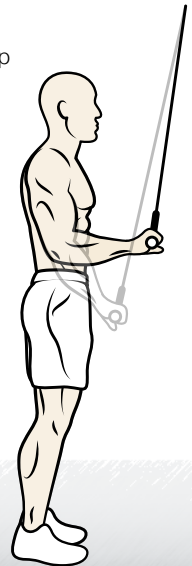


### 4 TRI PUSHDOWN

Stand facing the high pulley and grasp the cable attachment with an overhand grip. Position elbows to side. Extend arms down. Return until forearm is close to upper arm.

SETS: 4

REPS: 8 - 6 - 6 - 5

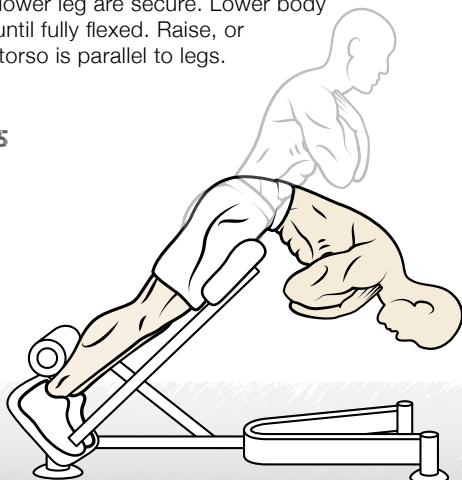


### 5 BACK EXTENSION

Position yourself face down using the support handles so that the ankles or lower leg are secure. Lower body by bending waist until fully flexed. Raise, or extend waist until torso is parallel to legs.

SETS: 4

REPS: 8 - 6 - 6 - 5



## THE MUSCLE PACK

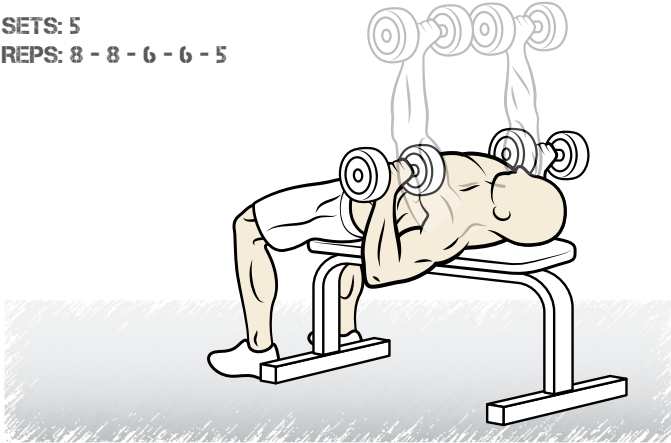
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## WORKOUT 3

### 1 DUMBBELL BENCH PRESS

Lie on bench with dumbbells positioned to sides of chest with bent arm under each dumbbell. Press dumbbells up with elbows at sides until arms are extended. Lower weight to sides of upper chest until a slight stretch is felt in chest or shoulder.

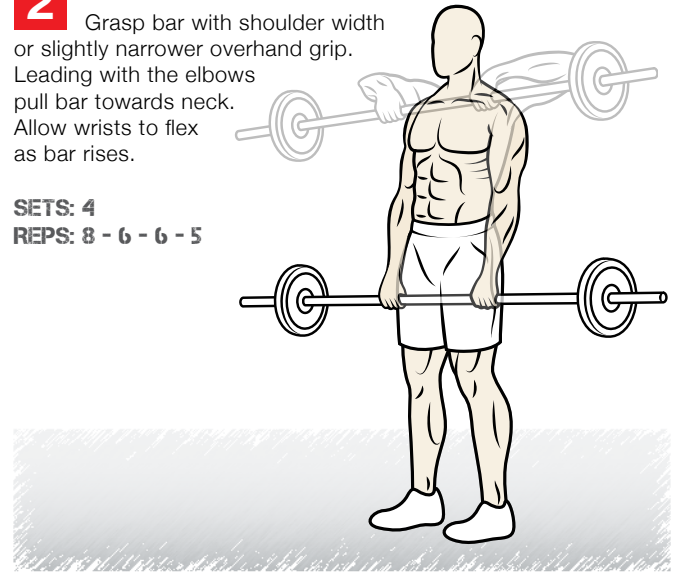
SETS: 5  
REPS: 8 - 8 - 6 - 6 - 5



### 2 UPRIGHT ROW

Grasp bar with shoulder width or slightly narrower overhand grip. Leading with the elbows pull bar towards neck. Allow wrists to flex as bar rises.

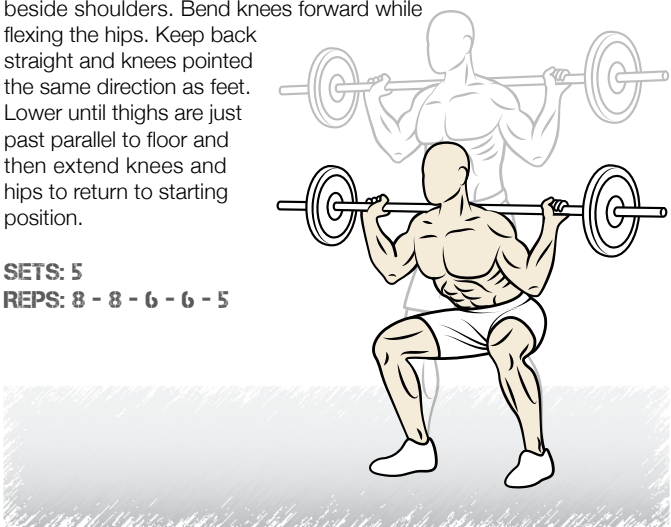
SETS: 4  
REPS: 8 - 6 - 6 - 5



### 3 SQUAT

Position bar high on back of shoulders and grasp barbell beside shoulders. Bend knees forward while flexing the hips. Keep back straight and knees pointed the same direction as feet. Lower until thighs are just past parallel to floor and then extend knees and hips to return to starting position.

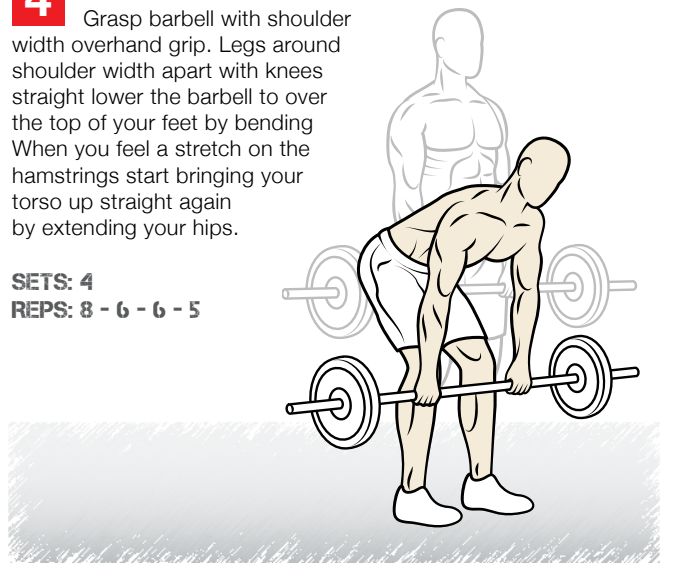
SETS: 5  
REPS: 8 - 8 - 6 - 6 - 5



### 4 STRAIGHT LEG DEADLIFT

Grasp barbell with shoulder width overhand grip. Legs around shoulder width apart with knees straight lower the barbell to over the top of your feet by bending. When you feel a stretch on the hamstrings start bringing your torso up straight again by extending your hips.

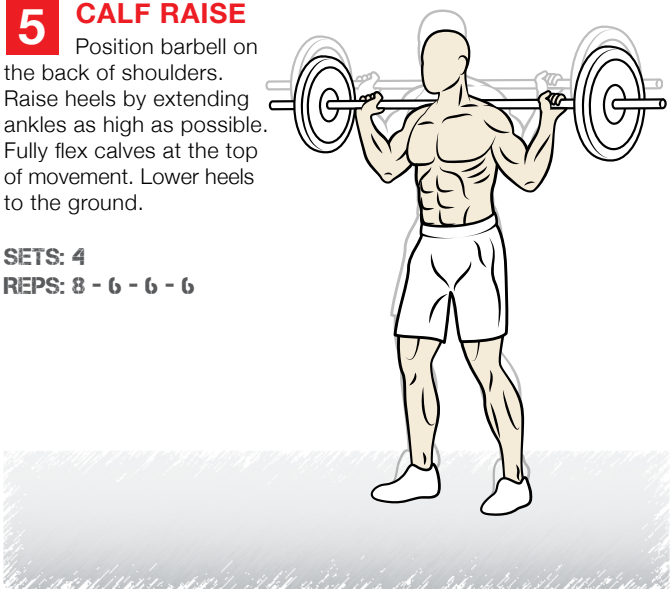
SETS: 4  
REPS: 8 - 6 - 6 - 5



### 5 CALF RAISE

Position barbell on the back of shoulders. Raise heels by extending ankles as high as possible. Fully flex calves at the top of movement. Lower heels to the ground.

SETS: 4  
REPS: 8 - 6 - 6 - 6



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