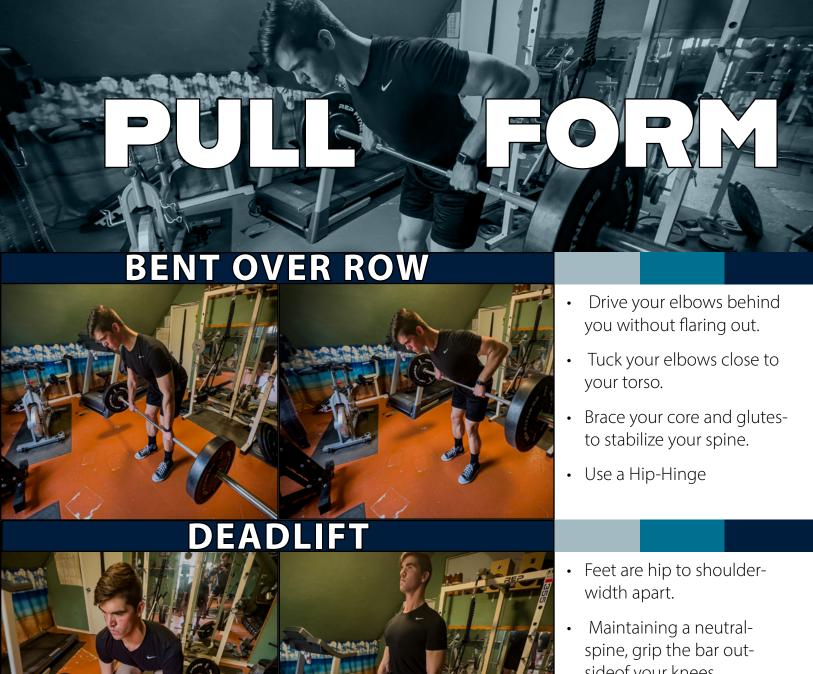




EXERCISE	SETS	REPITIONS	REST(MIN)	NOTES
DEADLIFT	3	8	2-3	Maintain a neutral spine.
LAT- PULLDOWN	3	10	1-2	Drive through your elbows.
BENT-OVER ROW	3	10	1-2	 Brace your core and glutes.
TRAP RAISES	3	12	1	Bring your shoulders to your ears.
BICEP CURL	3	10	1	 Do not swing the weight. Be slow and controlled.
HAMMER CURL	3	10	1	Keep your elbows tucked.



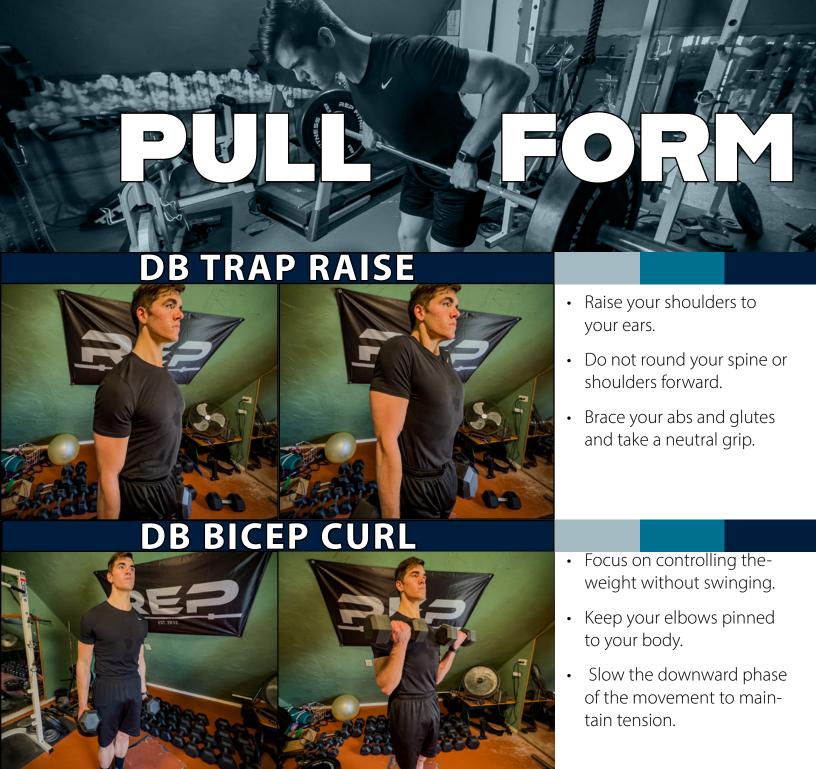


- sideof your knees.
- Drag the bar up withoutletting the knees cave in or spine round





- Use a pronated grip that is wider than shoulder-width.
- Focus on driving your elbows to the floor using your lats.
- Touch your chest each rep.
- Control the ascent slowly







- Use a neutral grip with your thumb up.
- Bring the dumbbells up to touch your shoulder.
- Keep your elbow tucked to your torso.