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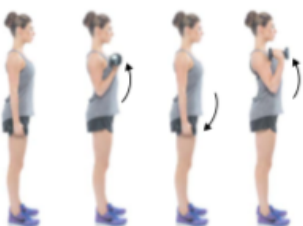
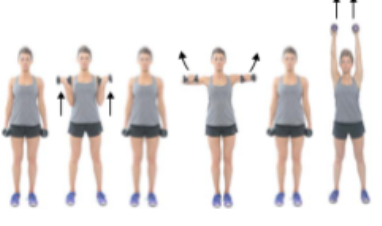




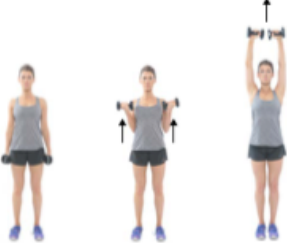





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CIRCUIT 1	BICEP CURL + HAMMER CURL 1 ROUND = 1 BICEP CURL + 1 HAMMER CURL 	THREE-WAY LIFT 1 ROUND = 1 BICEP CURL + 1 LATERAL RAISE + 1 SHOULDER PRESS 	DOWNWARD DOG PUSH-UP 1 ROUND = 1 PUSH-UP + PUSH BACK TO DOWNWARD DOG 
	 10-15 LBS 5 ROUNDS	 10-15 LBS 5 ROUNDS	5 ROUNDS
	CIRCUIT 2	WALKDOWN + COMMANDO 1 ROUND = 1 WALKDOWN + 1 COMMANDO 	PRESS 
5 ROUNDS		 10-15 LBS 10 REPS	8 REPS
CIRCUIT 3		SHOULDER PRESS + PARALLEL PRESS 1 ROUND = 1 SHOULDER PRESS + 1 PARALLEL PRESS 	ONE ARM WEIGHTED STAND 
	 10-15 LBS 5 ROUNDS	 10-15 LBS 10 REPS	5 ROUNDS



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