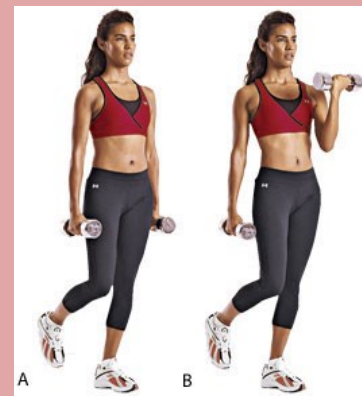




<i>Exercise</i>	<i>Weight</i>	<i>Sets</i>	<i>Reps</i>
Hammer Curls	10	4	5-8



<i>Exercise</i>	<i>Weight</i>	<i>Sets</i>	<i>Reps</i>
Dumbbell Curls	10	4	5-8



<i>Exercise</i>	<i>Weight</i>	<i>Sets</i>	<i>Reps</i>
Shoulder Press	15	4	5-8



<i>Exercise</i>	<i>Weight</i>	<i>Sets</i>	<i>Reps</i>
Tricep Extension	15	4	5-8