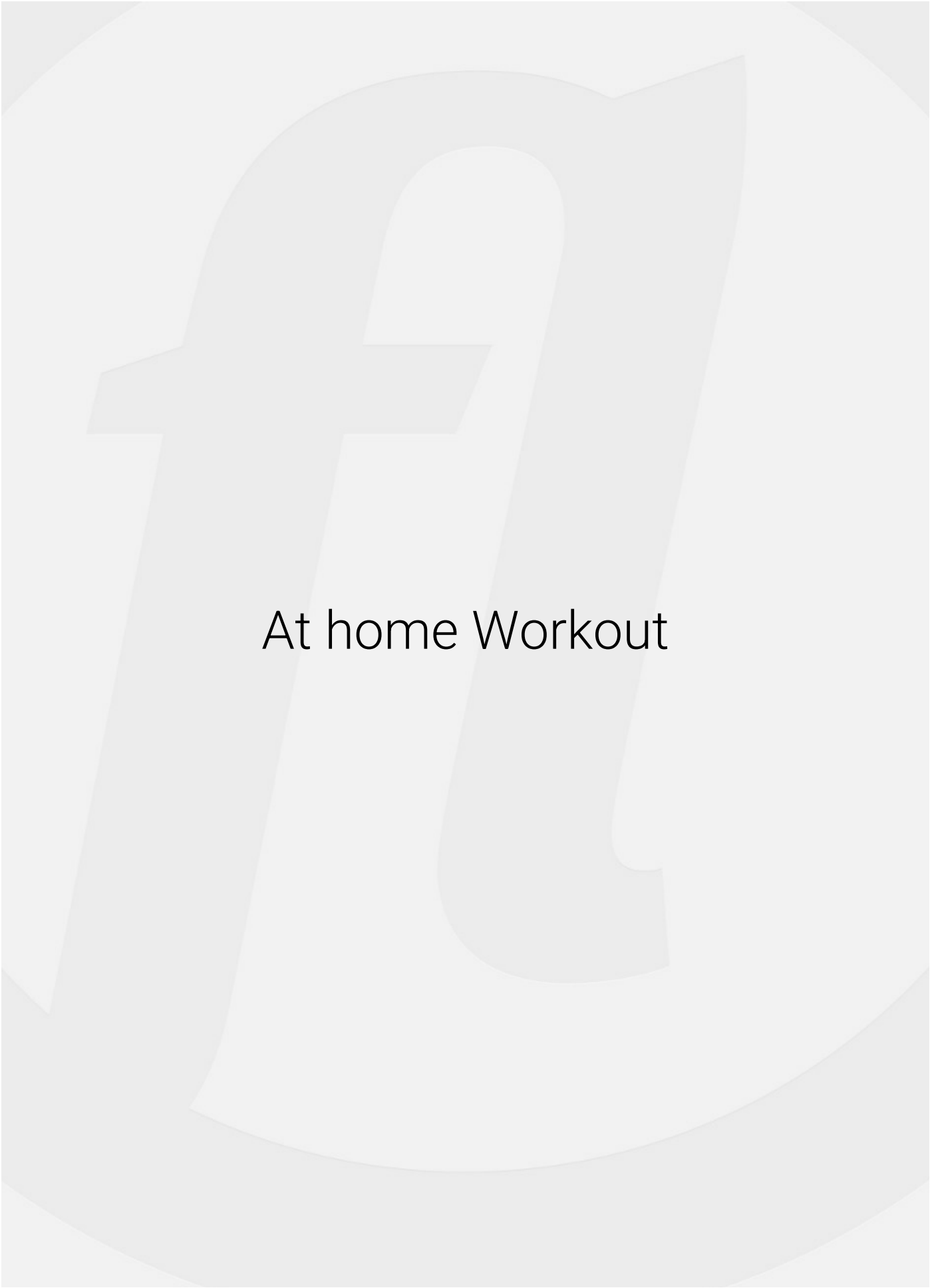


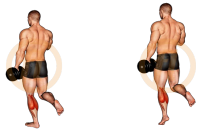


At home Workout

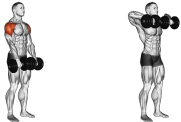
Name	Sets	Reps	Rest	Time	Tempo
  Incline Dumbbell Press	4	10 - 12	90	-	-
  Dumbbell Bench Press	4	10 - 12	90	-	-
  Incline Dumbbell Flys	4	12 - 15	90	-	-
  Dumbbell bent arm pullover	4	12 - 15	90	-	-
  Wide push up	4	10 - 12	90	-	-
  Bench Dips	4	10 - 12	90	-	-
  DB skull crushers	4	10 - 12	90	-	-
  Dumbbell Kickback	4	10 - 12	90	-	-
  One Arm Triceps Extension With Dumbbell	4	10 - 12	90	-	-

Legs

Day 2

Name		Sets	Reps	Rest	Time	Tempo
	Dumbbell Squat	4	10 - 12	90	-	-
	Dumbbell Single Stiff Leg Deadlift	4	10 - 12	90	-	-
	Dumbbell Goblet Squat Thighs	4	10 - 12	90	-	-
	Dumbbell Side Lunge	4	10 - 12	90	-	-
	Dumbbell Lunges	5	12 - 15	90	-	-
	Dumbbell Lying leg curls	4	10 - 12	90	-	-
	Dumbbell Single Leg Floor Calf Raise	4	10 - 12	90	-	-

Name	Sets	Reps	Rest	Time	Tempo
  Dumbbell deadlift	4	10 - 12	90	-	-
  Chest supported dumbbell rows	5	10 - 12	90	-	-
  Bent Over Two-Dumbbell Row	4	10 - 12	90	-	-
  Dumbbell One Arm Row (rack support)	4	12 - 15	90	-	-
  Dumbbell Lat Pullover	4	12 - 15	90	-	-
  Alternate Dumbbell Hammer Curls	4	10 - 12	90	-	-
  Alternate Incline Dumbbell Curl	4	12 - 15	90	-	-
  Band concentration curls	4	12 - 15	90	-	-
  Alternate Dumbbell Hammer Curls	4	12 - 15	90	-	-

Name		Sets	Reps	Rest	Time	Tempo
	dumbbell shoulder press	5	10 - 12	90	-	-
	alternate seated dumbbell hammer front raise	5	10 - 12	90	-	-
	Bent Over Dumbbell Rear Delt Raise	5	10 - 12	90	-	-
	Dumbbell lateral Raise	5	10 - 12	90	-	-
	Dumbbell Upright Rows	5	10 - 12	90	-	-
	Dumbbell Shrug	4	10 - 12	90	-	-

Name		Sets	Reps	Rest	Time	Tempo
	 barbell curl z bar	5	10 - 12	90	-	-
	   Dumbbell Incline Alternate Bicep Curl	4	10 - 12	90	-	-
	 Concentration Curls	4	10 - 12	90	-	-
	 Alternate Dumbbell Hammer Curls	4	10 - 12	90	-	-
	 DB skull crushers	4	10 - 12	90	-	-
	 Dumbbell French Press	4	10 - 12	90	-	-
	 Lying Triceps Dumbbell Extension Across Face	4	10 - 12	90	-	-
	 Band close grip push up	4	15 - 20	90	-	-