

UPPER BODY EXERCISES

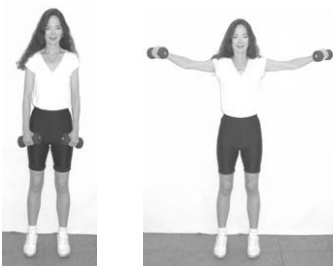
Exercise 1: Biceps--Curl



Exercise 2: Biceps-Hammer Curl



Exercise 3: Shoulders-Side Raise



Exercise 4: Shoulders-Overhead Press



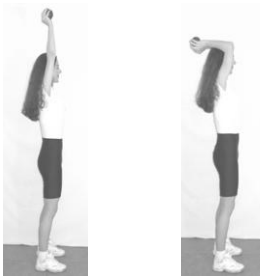
Exercise 5: Back-Bent Lift



Exercise 6: Back-Upright Row



Exercise 7: Triceps-Extensions



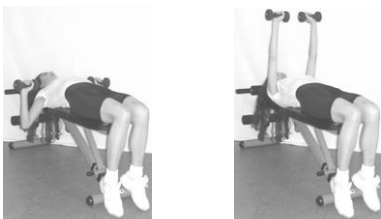
Exercise 8: Triceps-Pushback



Exercise 9: Chest-Flye



Exercise 10: Chest-Bench Press

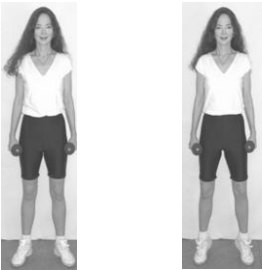


LOWER BODY EXERCISES

Exercise 1: Calves-Straight-Toe Raise



Exercise 2: Calves-Angled-Out-Toe Raise

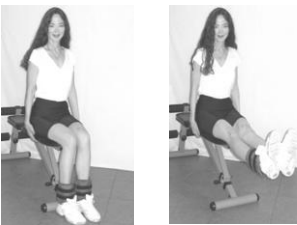


Exercise 3: Quadriceps/Glut-Squat

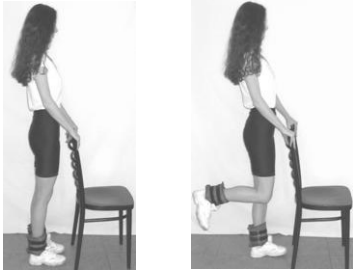


Exercise 4: Quadriceps/Glut-Squat (Repeat of Exercise 3)

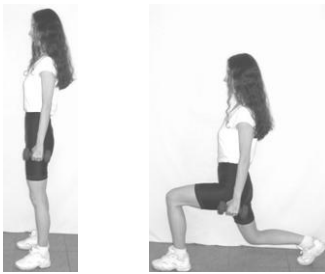
Exercise 5: Quadriceps--Extension



Exercise 6: Hamstring-Curls



Exercise 7: Hamstring-Lunge



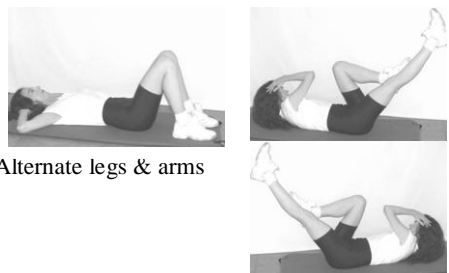
Exercise 8: Abdominal-Leg Lowering



Exercise 9: Abdominal-Crunch



Exercise 10: Abdominal-Alternate Twist



Alternate legs & arms