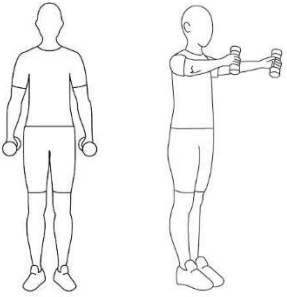


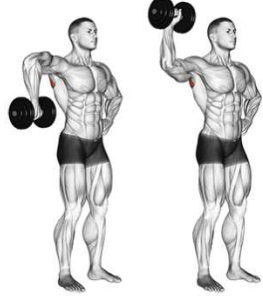
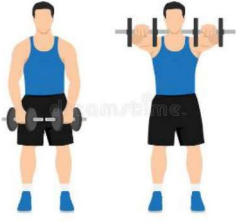
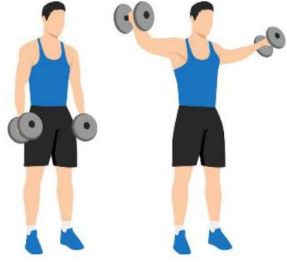
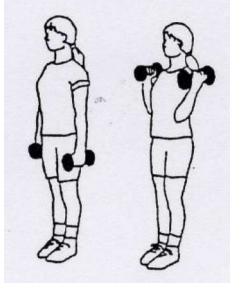
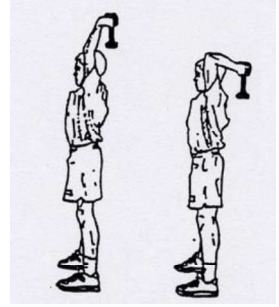
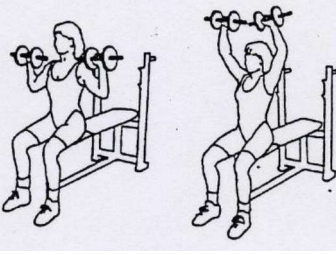
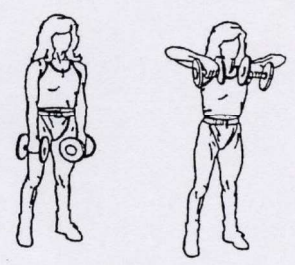
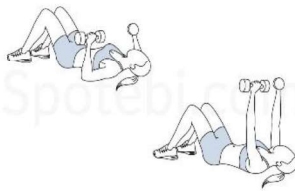



Upper Body Weight Routine

<p>#1 Scaption</p> 	<p># 2 Shrugs</p> 	<p>#3 Rotation Horizontal</p> 	<p>#4 Rotation-- Vertical</p> 
<p>#5 Front Raise</p> 	<p># 6 Side Raise</p> 	<p># 7 Biceps Curls</p> 	<p># 8 Triceps</p> 
<p># 9 Shoulder Press</p> 	<p>#10 Upright Rowing</p> 	<p>#11 Chest Press</p> 	<p># 12 Chest Fly</p> 

Pick a combination of any of these for your regular routine. Recommendations are to use lighter weights for shoulder exercises (#1-6) and somewhat heavier weights for movements using bigger and more muscles (#7-12). Use an amount of weight where 12-15 reps leads to fatigue by the final rep. Two-three sets of 12-20 reps are recommended, 2-3 times per week. At least one day of rest after good routine leading to fatigue is also recommended.

Please also include 2-3 exercises for lower body strength training and some things for core training in your program