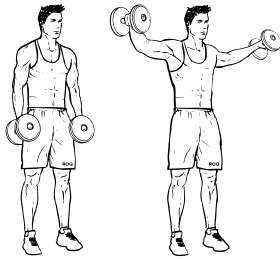


Arm, Shoulder and Chest

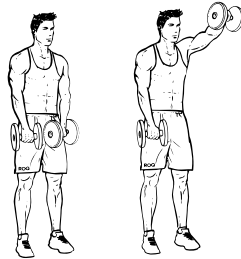
18 min · Arms, Chest, Shoulders

Lateral Shoulder Dumbbell Raises



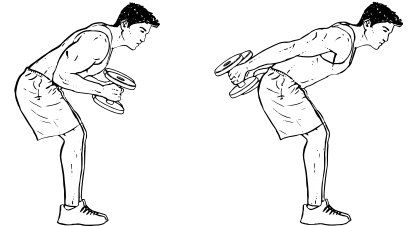
3 sets 12 reps 30 sec rest

Front Shoulder Dumbbell Raises



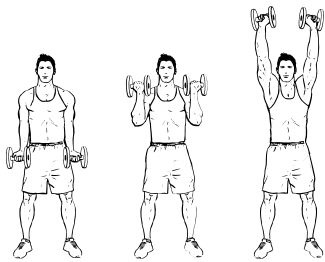
3 sets 12 reps 30 sec rest

Bent Over Double Arm Tricep Kickbacks



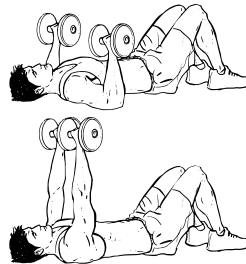
3 sets 8 reps 30 sec rest

Dumbbell Biceps Curl to Shoulder Press



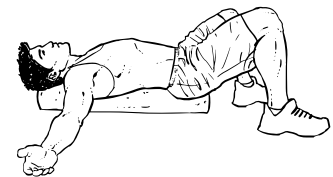
3 sets 10 reps 30 sec rest

Dumbbell Floor Chest Press



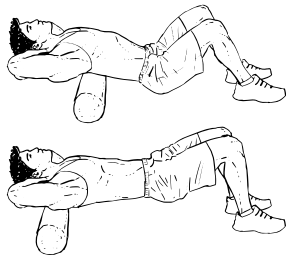
3 sets 10 reps 30 sec rest

Foam Roller Chest Opener Stretch



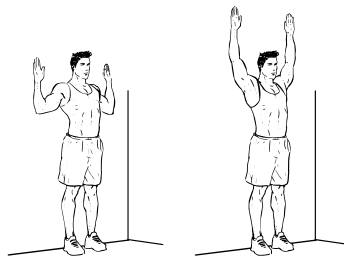
1 sets 30 secs

Foam Roller Upper Back Stretch



1 sets 30 secs

Wall Angles



2 sets 10 reps