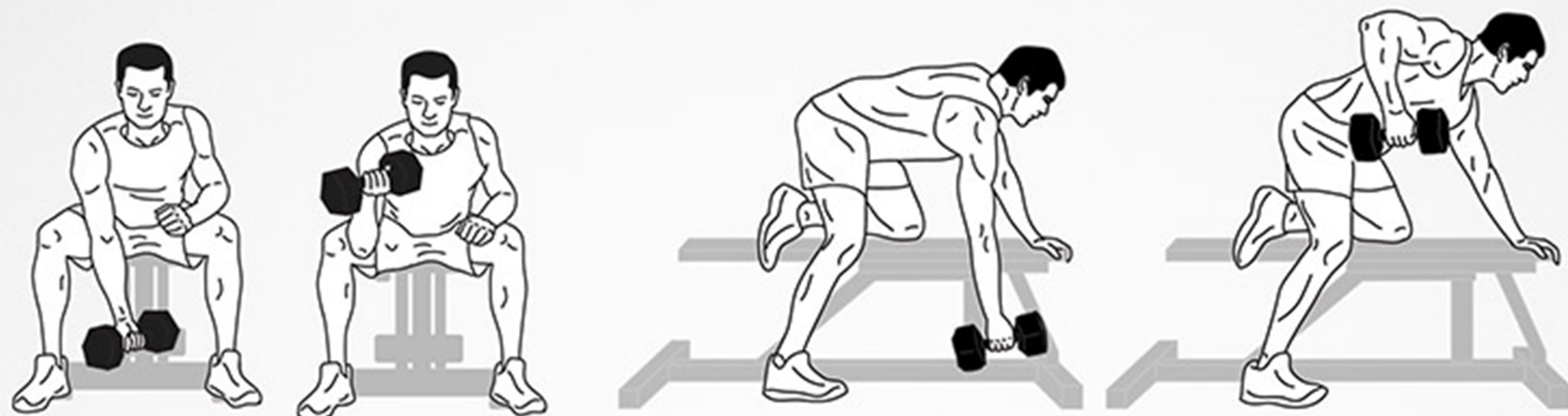
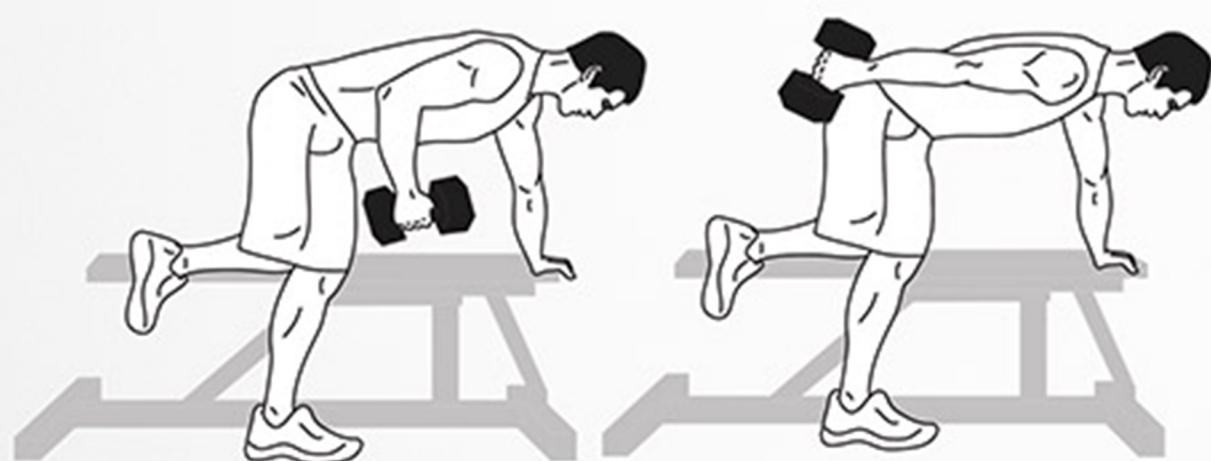


BENCHED

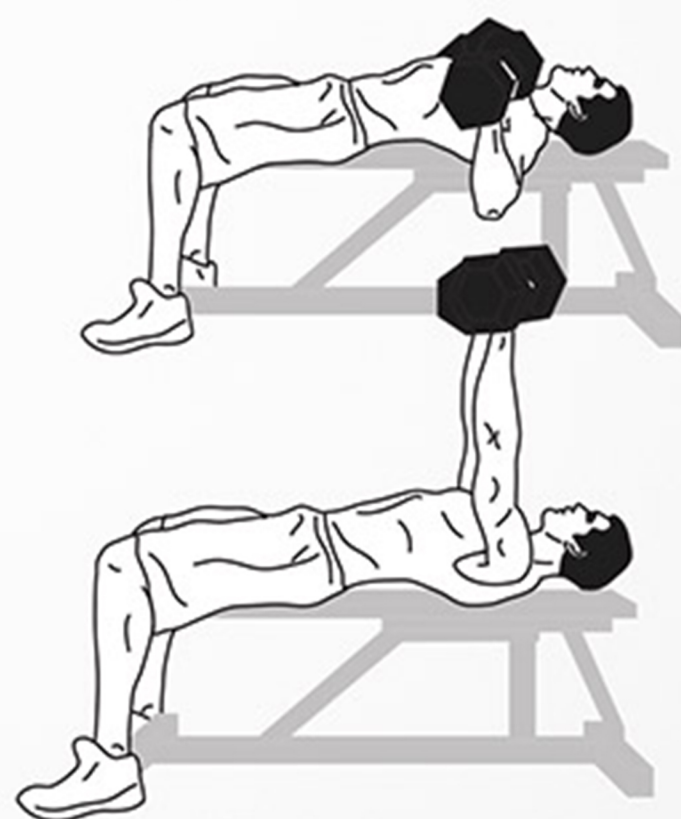


10 / 10 bicep curls
x **4 sets** in total | 20 seconds rest

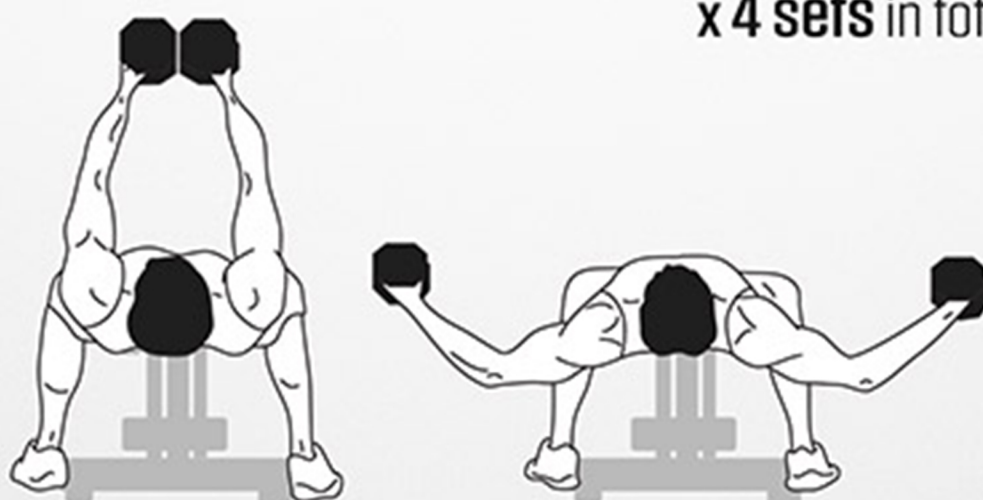
10 / 10 rows
x **4 sets** in total | 20 seconds rest



10 / 10 tricep extensions
x **4 sets** in total | 20 seconds rest



10 chest press
x **4 sets** in total | 20 seconds rest



10 chest fly x **4 sets** in total | 20 seconds rest