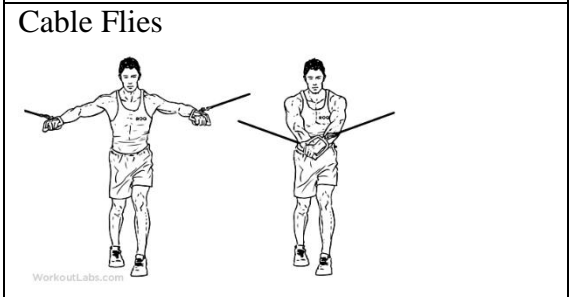
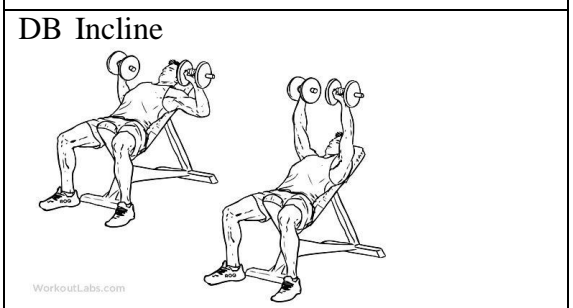
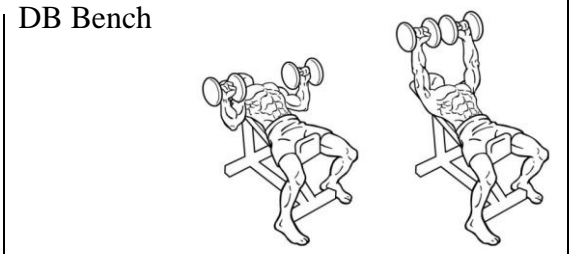
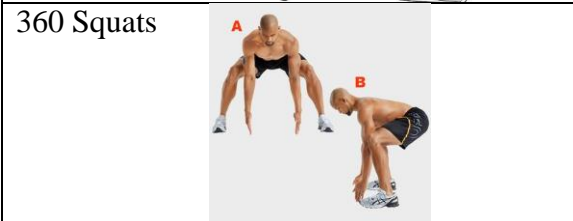
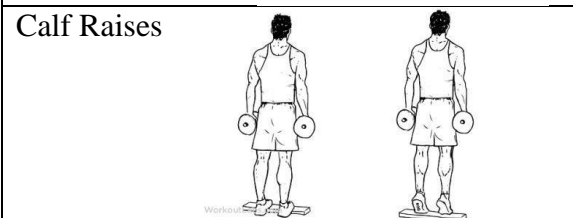
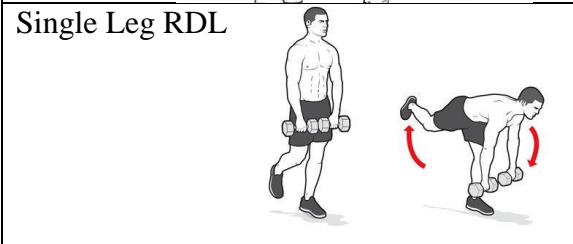
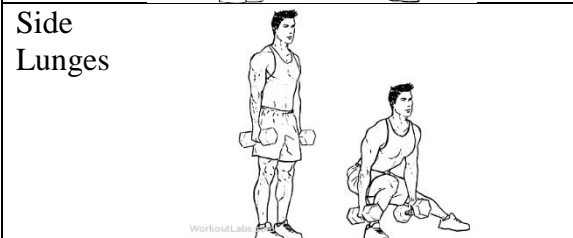
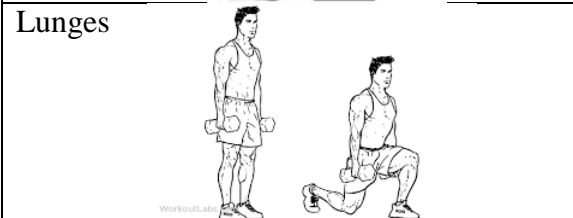
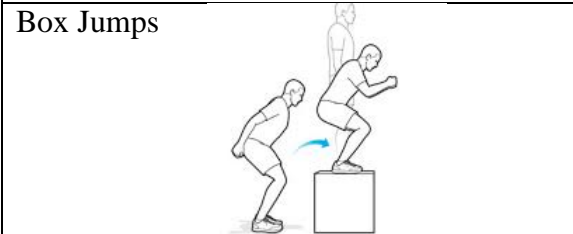


# Legs

# Chest



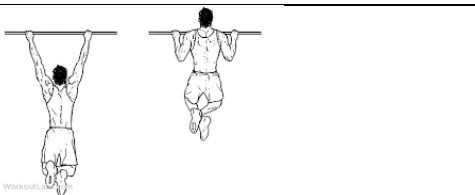
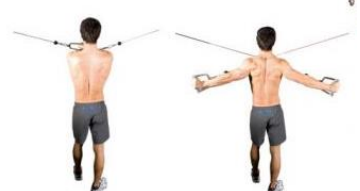
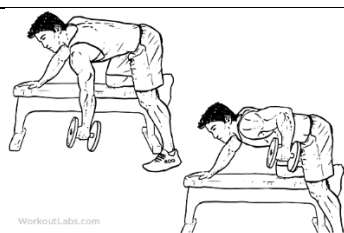
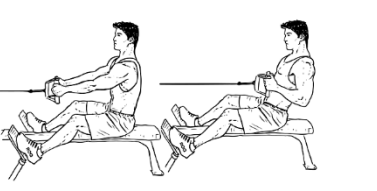
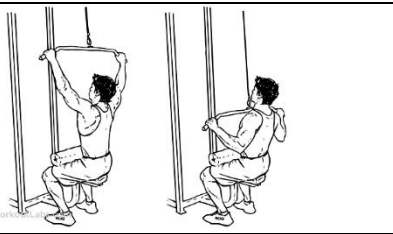
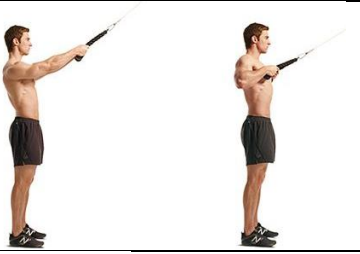
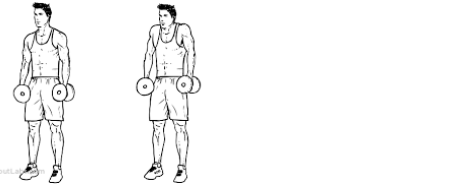
**Push Up Routine-12 Reps**

hands in normal pushup position

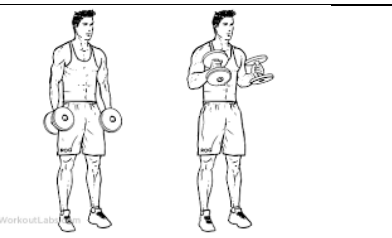


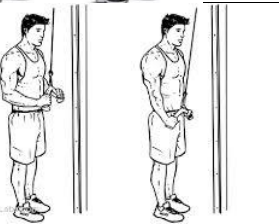

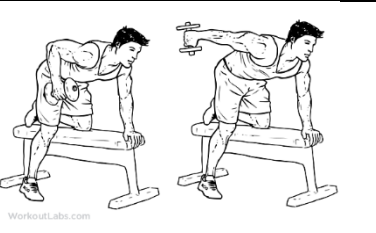
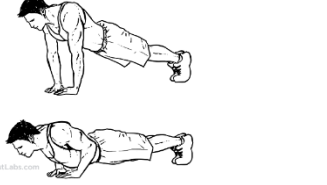
hands rotated 90 degrees outwards

hands rotated 90 degrees inward.

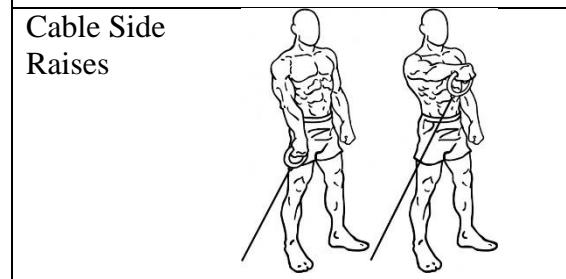
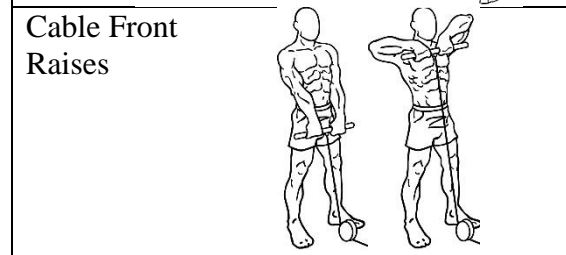
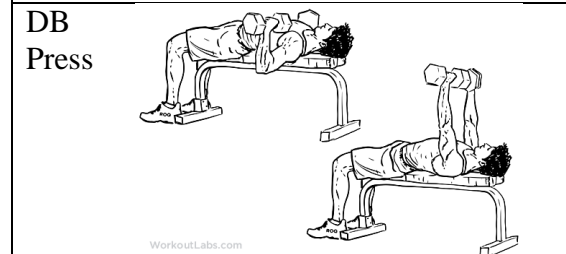
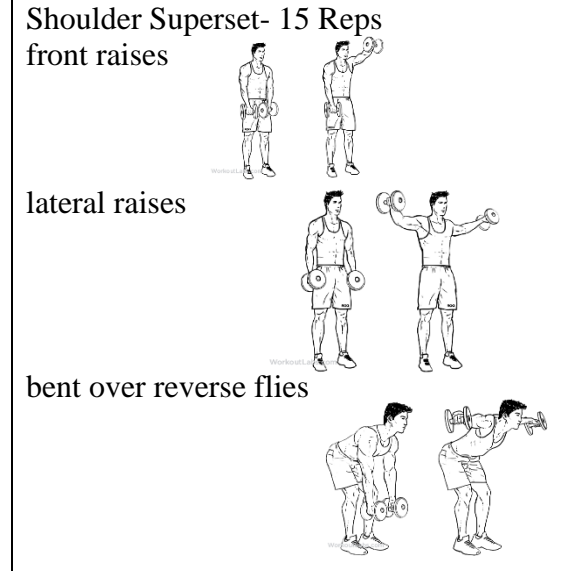
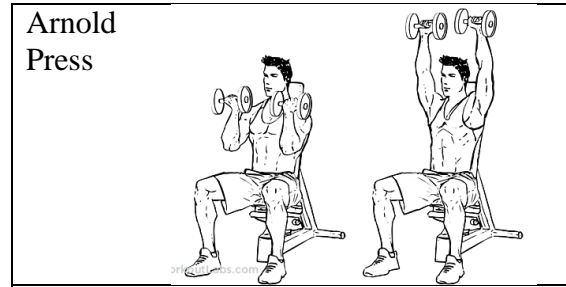
# Back

Pull Ups	
Reverse Cable Flies	
Bent over one arm row	
Low Row	
Lat Pull down	
High Row	
Shrugs	

# Arms

Hammer Curl	
Concentration Curl	
Tricep Pull Down (Rope)	
Tricep Push Down (Bar)	
Dips	
Tricep Kick Backs	
Tricep Push Ups	

# Shoulders



# Core

