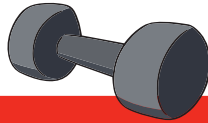


Exercise instructions



BICEP CURL

- Hold weights with your palms facing front, elbows next to the body.
- Bend your elbows and curl the weights toward your shoulders without moving your elbows away from your body.
- Lower your arms.
- Repeat.

TRICEP EXTENSIONS

- Stand with your feet shoulder-width apart and one dumbbell held in both hands in front of you.
- Raise the dumbbell above your head until your arms are stretched straight up over your head.
- Slowly lower the weight back behind your head, being careful not to flare your elbows out too much.
- Once your forearms move beyond parallel to the floor bring the weight back up to the starting position.

TRICEP DIP WITH CHAIR

- Sit on a bench or chair.
- Begin with your hands next to or slightly under your hips.
- Lift up on to your hands and bring your hips forward.
- Bend your elbows (no lower than 90 degrees) and lower your hips down, keeping them very close to the chair.
- Push back up without locking your elbows.

SHOULDER PRESS

- Perform this exercise seated or in standing position.
- Hold each dumbbell next to your ear and keep your elbows at shoulder level, palms facing forward.
- Press the dumbbells straight up and at arm's length overhead.
- Lower the weights slowly back to the starting position.
- Exhale and tighten your abs when lifting, inhale when lowering.

FRONT RAISE

- Stand with your feet hip-width apart, knees slightly bent and put the resistance band under your right foot.
- Start with your hand resting on your thighs.
- With your elbows slightly bent, slowly raise your hands out in front of you until they are just above shoulder height.
- At the same speed, lower your hands back down to your thighs.