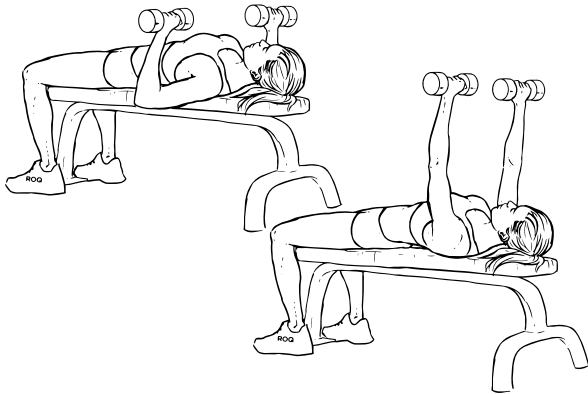


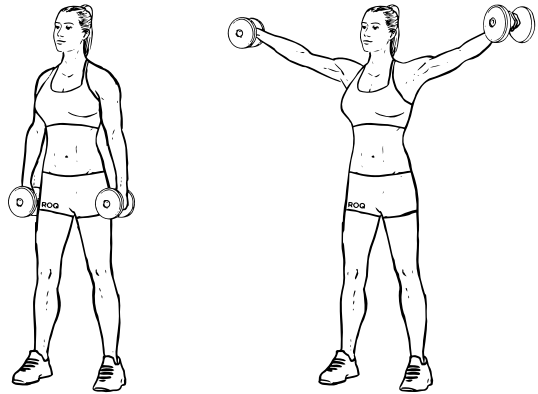
# Monday - Upper A

## Dumbbell Flat Bench Press



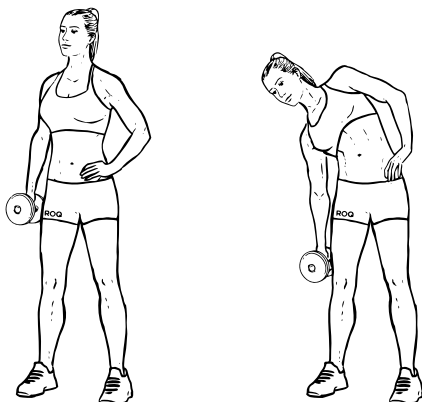
**4 sets 10 reps**

## Dumbbell Lateral Raise / Power Partials



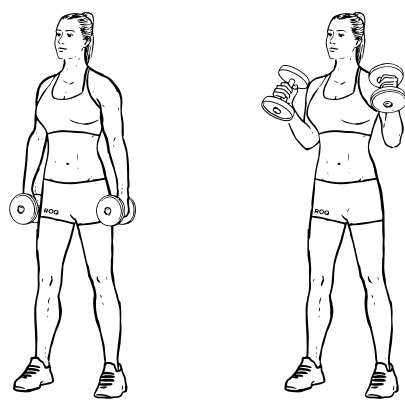
**4 sets 10 reps**

## Dumbbell Side Bend



**4 sets 10 reps**

## Hammer Curls



**4 sets 10 reps**