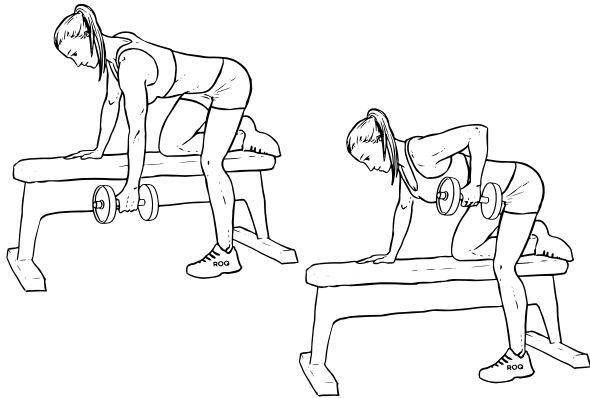


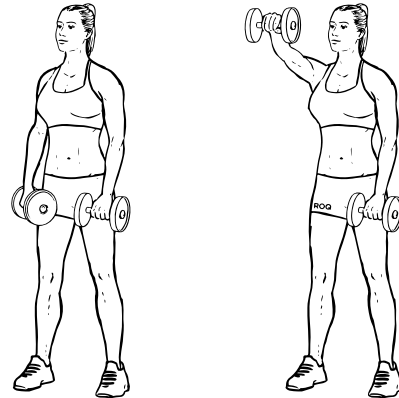
# UPPER B - Thursday

## One-Arm Dumbbell Row



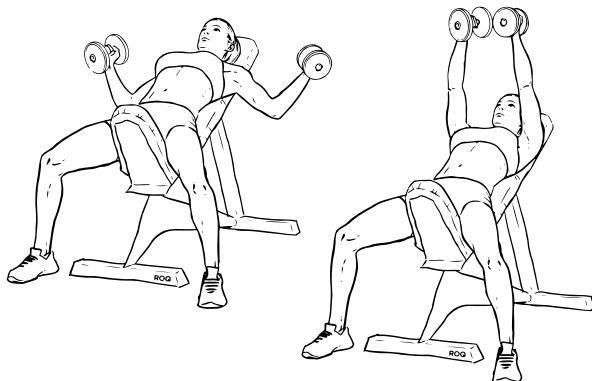
**4 sets 10 reps**

## Forward / Front Dumbbell Raise



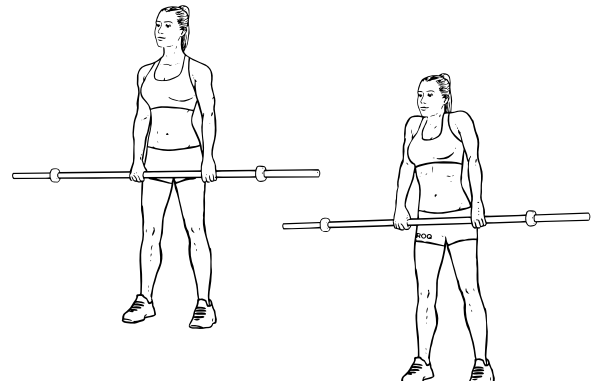
**4 sets 10 reps**

## Incline Bench Dumbbell Fly



**4 sets 10 reps**

## Barbell Shoulder Shrug



**4 sets 10 reps**