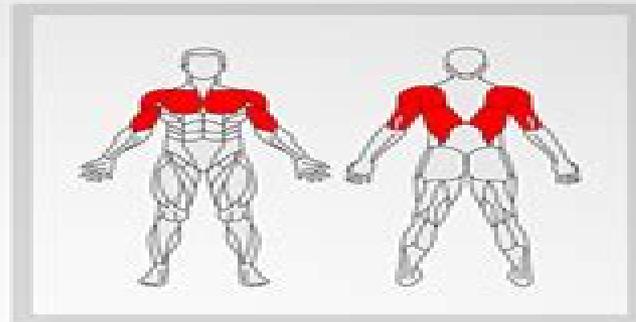


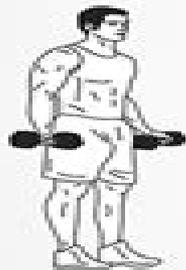
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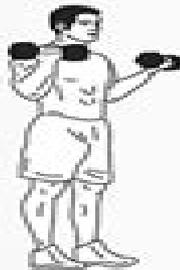


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SET 1 20 reps **SET 2** 15 reps **SET 3** 10 reps each exercise
rest between sets up to 2 minutes



bicep curls



shoulder press



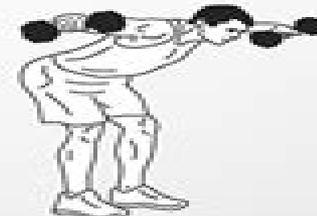
tricep extensions



bent over rows



bent over raises



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Essentials of Exercise Physiology William D. McArdle, Frank I. Katch, Victor L. Katch, 2006 Fully revised and updated this Third Edition provides excellent coverage of the fundamentals of exercise physiology integrating scientific and clinical information on nutrition energy transfer and exercise training The book is lavishly illustrated with full color graphics and photos and includes real life cases laboratory type activities and practical problem solving questions This edition has an Integrated Workbook in the margins that reinforces concepts presents activities to test knowledge and aids students in taking notes An accompanying CD ROM contains multiple choice and true false questions to help students prepare for exams LiveAdvise online faculty support and student tutoring services are available free with the text

Fitness Weight Training Thomas R. Baechle, Roger W. Earle, 2005 Presented in an easy to read format with customizable training programs for six fitness levels this manual is written especially for fitness enthusiasts who want to make strength training a priority 107 photos

The Best 30-Day Upper Body Workouts Dale L. Roberts, 2016-10-29 Are you ready to build muscle lose fat and look awesome right away without crash dieting boring workouts and wasting time reading Wouldn t it be sweet to have an easy step by step plan to get into killer shape Then The Best 30 Day Upper Body Workouts The Home Workout Plan Book 3 has your answer in three short books you can quickly and easily read This collection gives the information you need now so you can stop searching the internet endlessly for answers about getting toned arms sexy shoulders and a rock solid upper body In this health and fitness short read box set you ll get 3 fitness short read books on upper body development Tons of upper body exercises with variations Exercise ideal for anyone from the beginner to the athlete Brief and straightforward instructions of each exercise 3 reliable and customizable 30 day workout plan Helpful guidelines and tips to get the most from your workouts Full color pictures so you don t fly blind into your workout How to Master Pull Ups in 30 Days How to Master Push Ups in 30 Days How to Master Arm Exercises in 30 Days And so much more Do Yourself Huge Favor Scroll Up Click the Button Button to Get in Shape TODAY

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