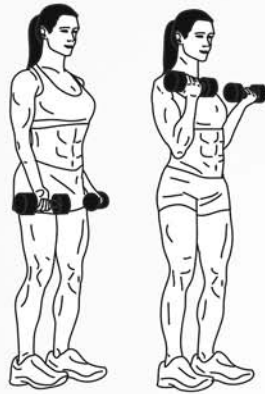
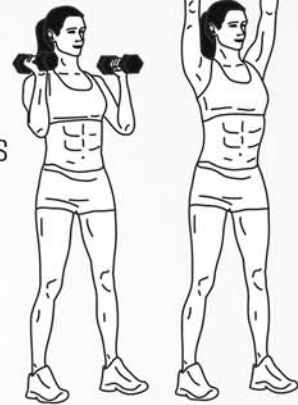


# UPPERBODY BLAST

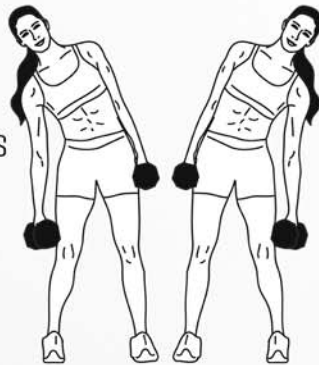
**8** bicep curl  
**x 3 sets** in total  
20 seconds rest  
between sets



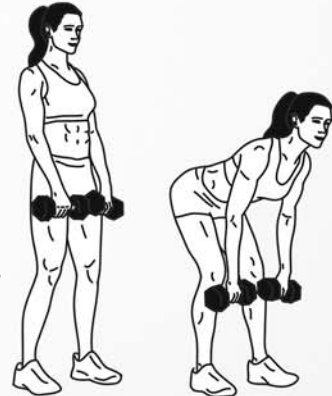
**8** shoulder press  
**x 3 sets** in total  
20 seconds rest  
between sets



**8** side-to-side tilts  
**x 3 sets** in total  
20 seconds rest  
between sets



**8** deadlifts  
**x 3 sets** in total  
20 seconds rest  
between sets



**8** bent over rows  
**x 3 sets** in total  
20 seconds rest  
between sets

