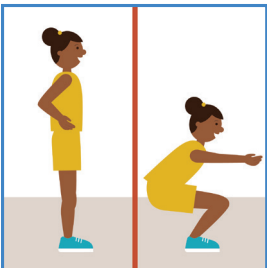
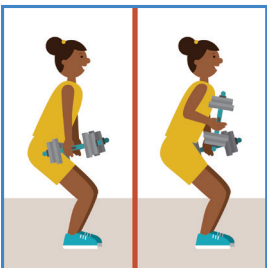


1. Bicep Curls: 10 reps per arm



2. Squats: 10 reps



3. Alternating Row: 10 reps per arm



4. Plank: 10 seconds