

Dumbbells + Bench Upper Body

V.2

Click Calander Day to Open Video



Mon	Tue	Wed	Thur	Fri
Day 1	Day 2	Off	Day 3	Day 4
Day 5	Day 6	Off	Day 7	Day 8
Day 9	Day 10	Off	Day 11	Day 12
Day 13	Day 14	Off	Day 15	Day 16

Dumbbells + Bench Upper Body

V.1

Click Calander Day to Open Video



Mon	Tue	Wed	Thur	Fri
Day 1	Day 2	Off	Day 3	Day 4
Day 5	Day 6	Off	Day 7	Day 8