

D **BICEP CURL**
10 times

Z **SEATED ROW**

Z **SEATED ROW**

Y **SIDE BEND**

D **SIDE BEND**

O **BENT OVER ROW**

M **BENT OVER ROW**

I **TRICEP KICKBACK**

Z **TRICEP KICKBACK**

O **FRONT RAISE**

S **FRONT RAISE**

Resistance Bands

D **BICEP CURL**
10 times

Z **SEATED ROW**

Z **SEATED ROW**

Y **SIDE BEND**

D **SIDE BEND**

O **BENT OVER ROW**

M **BENT OVER ROW**

I **TRICEP KICKBACK**

Z **TRICEP KICKBACK**

O **FRONT RAISE**

S **FRONT RAISE**

Resistance Bands