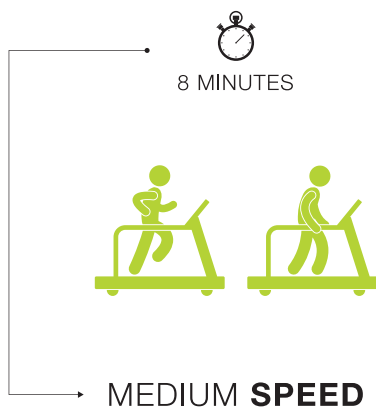




BI'S AND TRI'S **WORK OUT**

— FOLD FOR POCKET SIZE —

1 TREADMILL - WARM UP



6 HAMMER CURLS



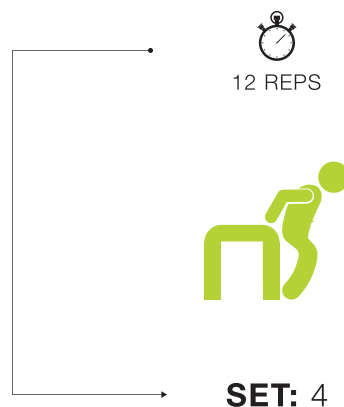
7 TRICEP KICK-BACKS



SET: 4

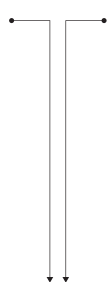
FOLD IN HALF

8 BENCH DIPS



FOLD IN HALF

2 CABLE CURLS



SET: 4

3 TRICEP PUSH DOWNS



9 BARBELL CURLS



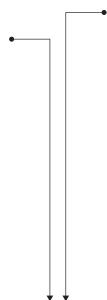
SET: 4

10 CABLE HAMMER CURLS



FOLD IN HALF

4 DUMBBELL OVERHEAD EXTENSION



SET: 4

5 REVERSE BARBELL CURLS



11 CABLE ROPE PUSH DOWNS



SET: 4

12 COOL-DOWN ON BIKE



FOLD IN HALF