



**GO TO GROUP**



SCREENSHOT  
ME & SHARE

**BICEP CURL**

**SHOULDER PRESS**

**STATIONARY LUNGE**

**OVERHEAD TRICEP EXT.**

**BACK ROW**

**BENCHMARK**  
**WEEK 1**  
**WEIGHT (LBS)**

**WEEK 1**  
**REPS**

**WEEK 2**  
**WEIGHT (LBS)**

**WEEK 2**  
**REPS**

**WEEK 3**  
**WEIGHT (LBS)**

**WEEK 3**  
**REPS**

**WEEK 4**  
**WEIGHT (LBS)**

**WEEK 4**  
**REPS**



HAVE A  
**SCARY**  
STRONG  
OCTOBER  
**THE**