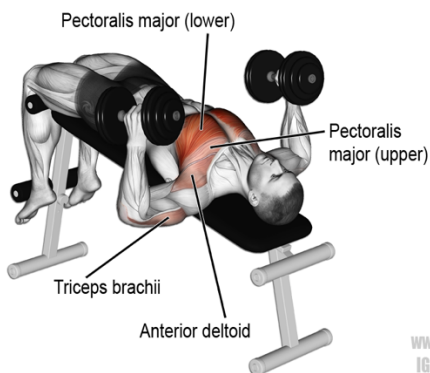
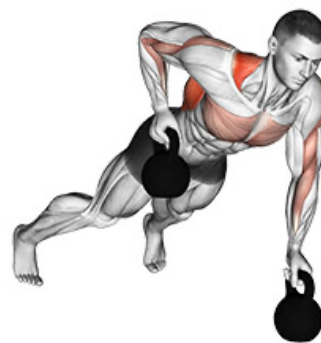


Standing Dumbbell Curls :





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1 knee push-up



2 classic



3 wide grip



4 close grip



5 staggered



6 stacked



7 raised leg



8 spiderman



9 cross body



10 reversed



11 decline



12 incline



13 knuckle



14 clapping



15 power



16 one armed





FIVE MINUTE PLANK

NEILA REY WORKOUT

neilarey.com



1. full plank

1:00



2. elbow plank

0:30



3. raised leg plank

30 seconds - each leg

1:00



4. side plank

30 seconds - each side

1:00



5. full plank

0:30



6. elbow plank

1:00