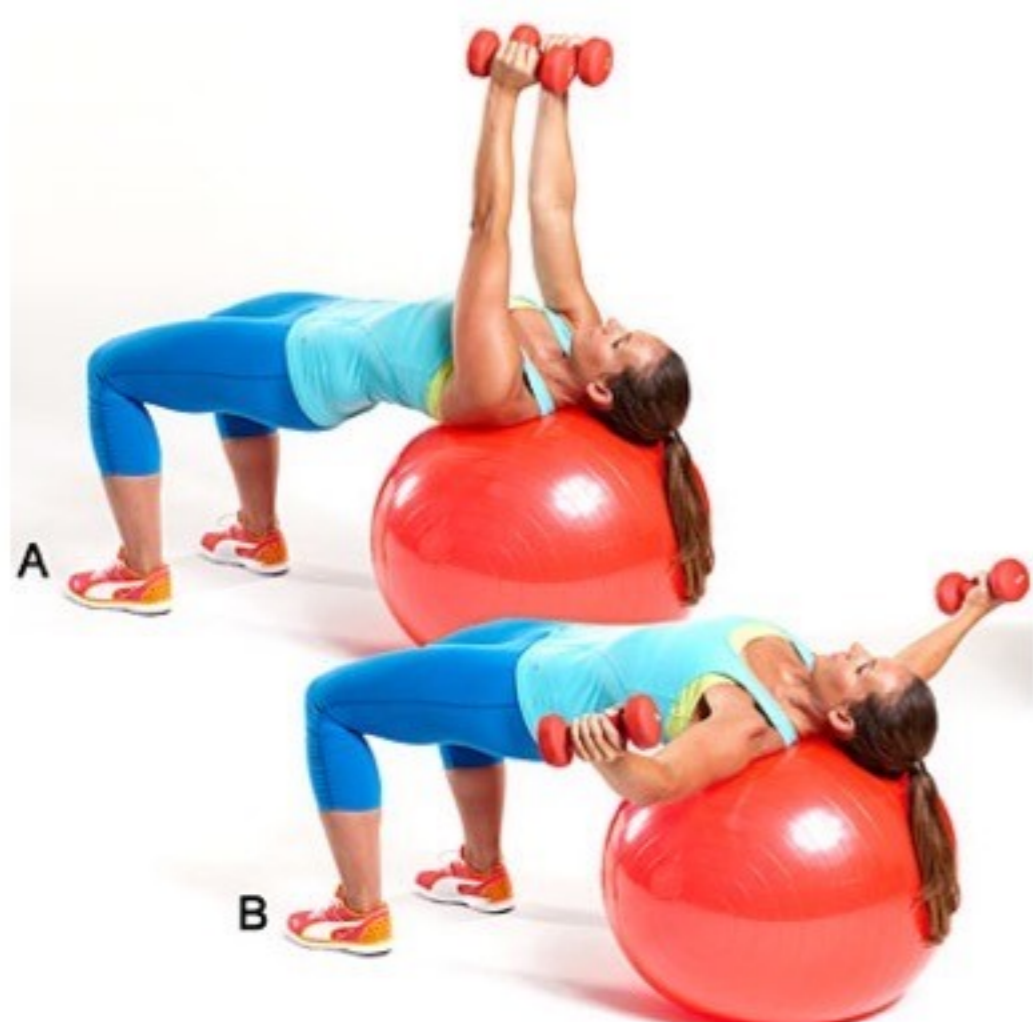


CHEST WORKOUT

“FIRM & LIFT”

MWR TRAINER TIP: DO 3 ROUNDS OF 15. BEGINNERS START WITH 1 ROUND AND ADD ANOTHER ROUND AS YOU BECOME STRONGER.



CHEST FLYS



PULLOVERS



PUSHUPS SHOULDER TAP



CHEST PRESS



BENT OVER DUMBBELL ROW