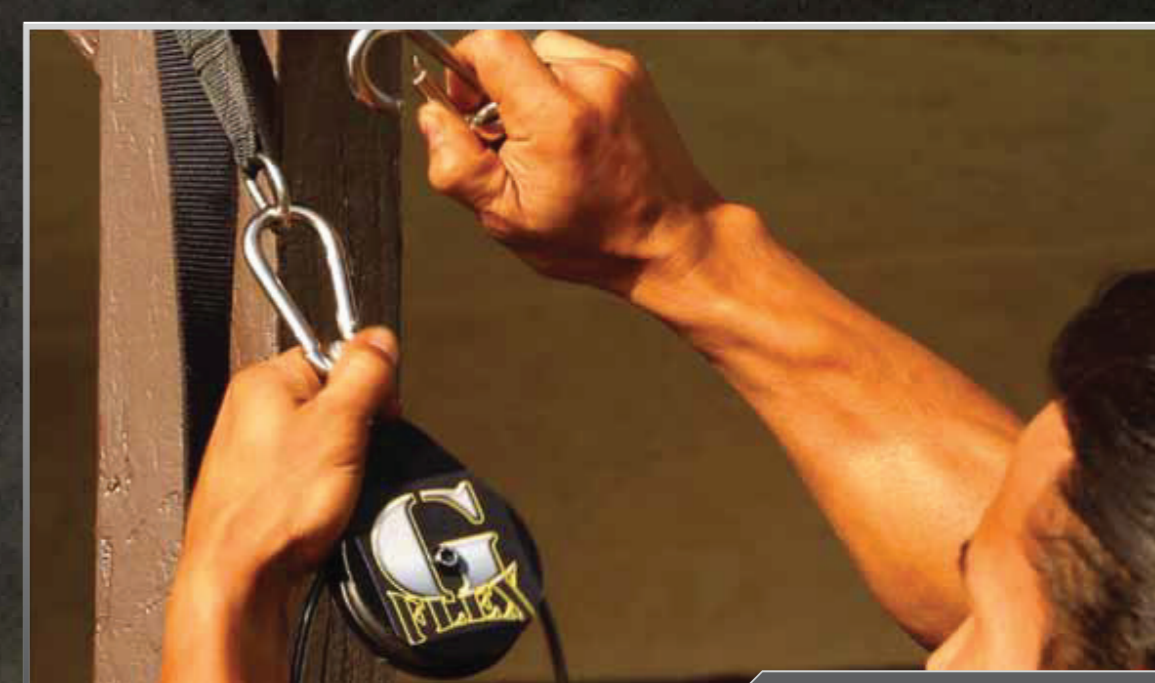


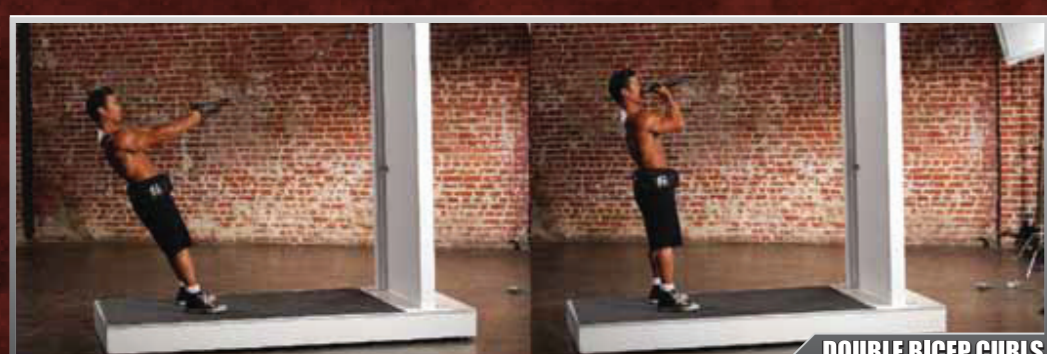


EUROPEAN CENTER

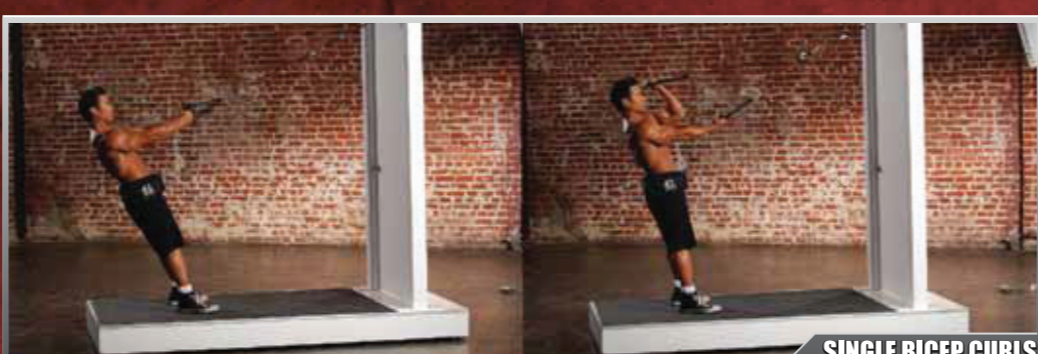


WORKOUT ROUTINES

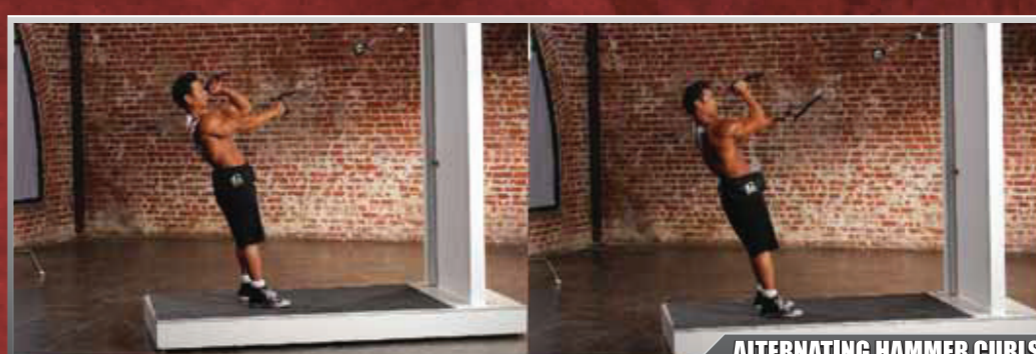
ARMS



DOUBLE BICEP CURLS



SINGLE BICEP CURLS



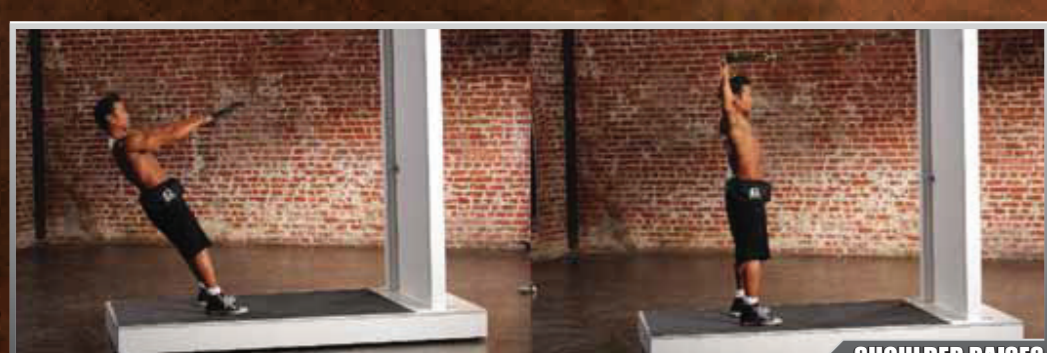
ALTERNATING HAMMER CURLS



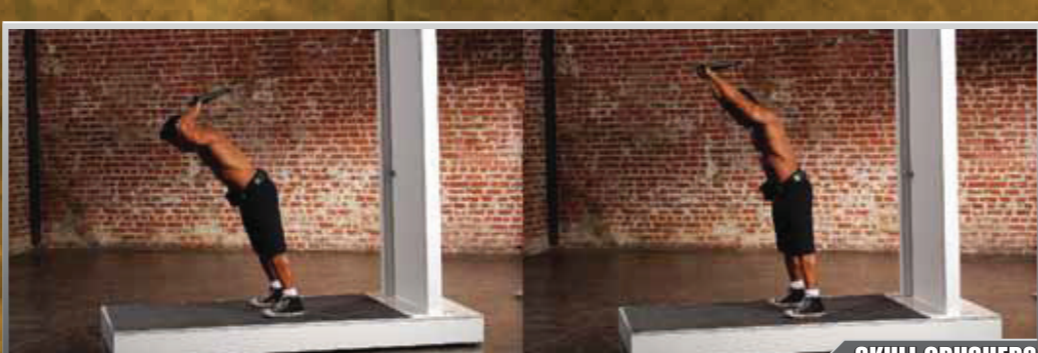
SINGLE SHOULDER RAISES

SHOULDERS

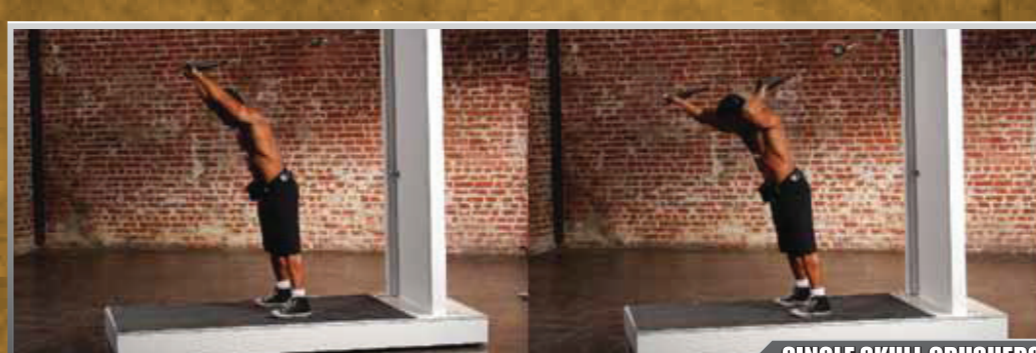
SHOULDERS



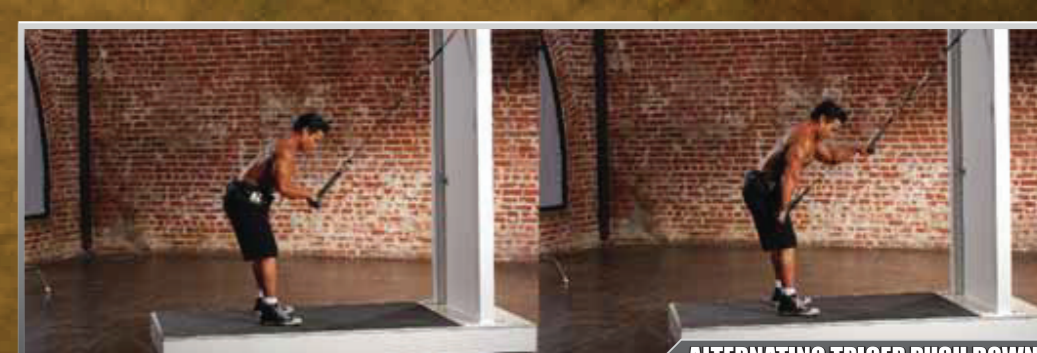
SHOULDER RAISES



SKULL CRUSHERS



SINGLE SKULL CRUSHERS



ALTERNATING TRICEP PUSH DOWNS

TRICEPS

BACK



DOUBLE ARM ROWS



SINGLE ROWS



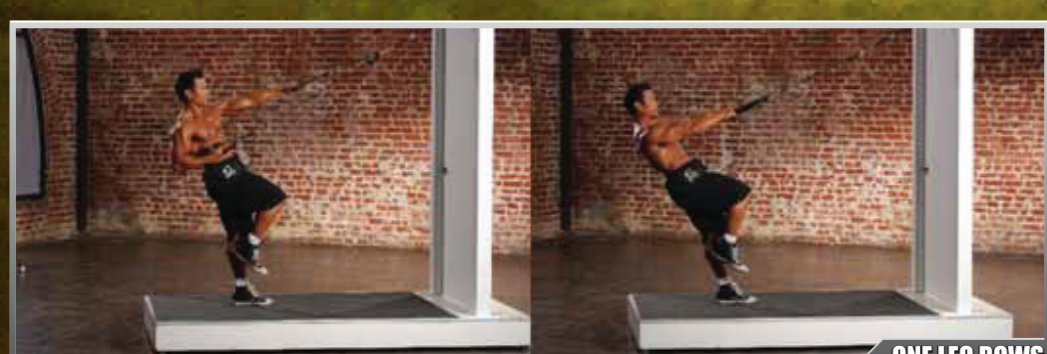
LOW ROWS



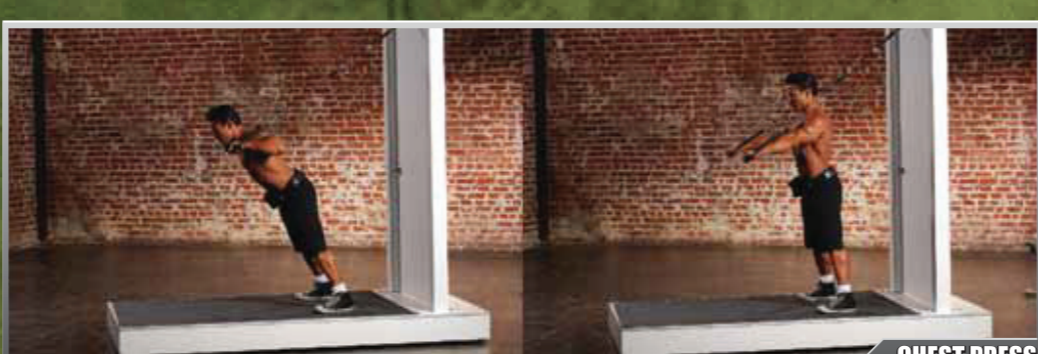
HIGH ROWS

BACK

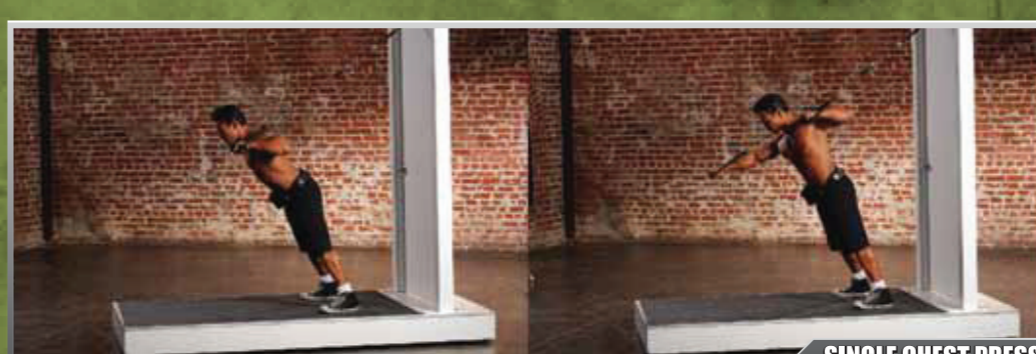
CHEST



ONE LEG ROWS



CHEST PRESS



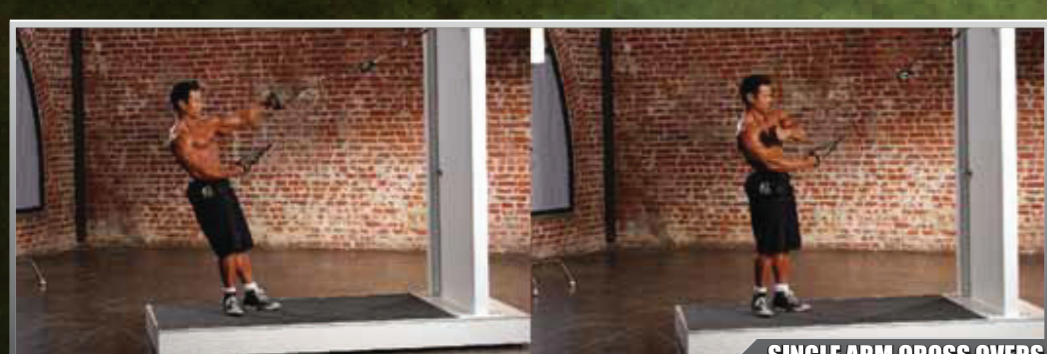
SINGLE CHEST PRESS



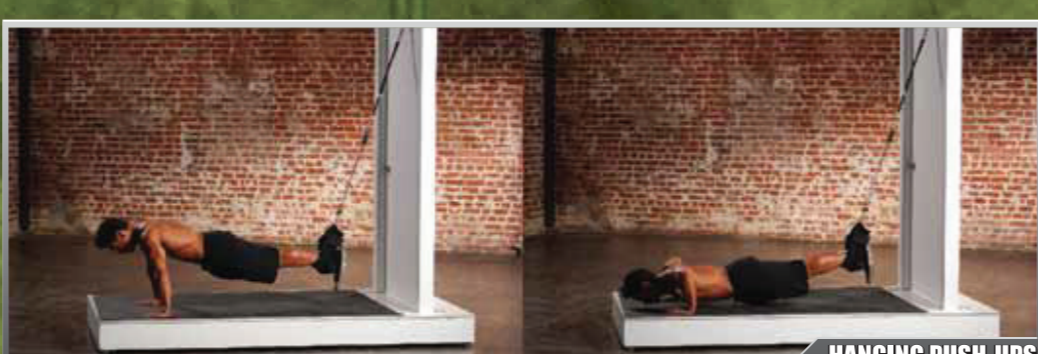
CHEST FLIES

CHEST

LEGS



SINGLE ARM CROSS OVERS



HANGING PUSH-UPS



WIDE SQUATS



CALF RAISES

LEGS

LEGS



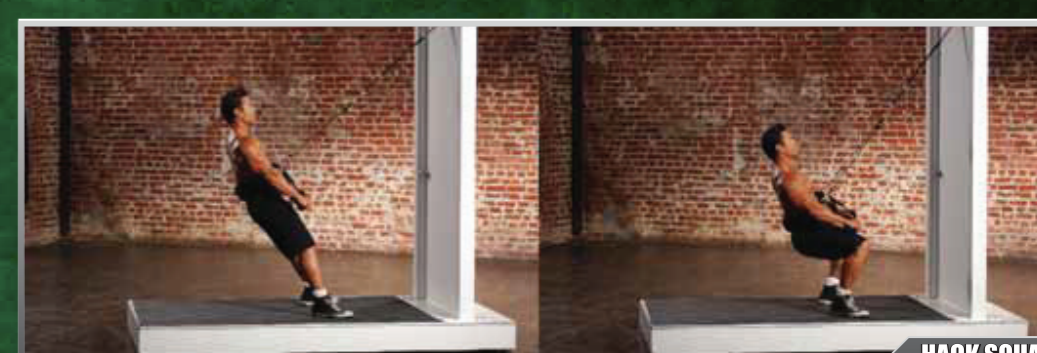
SINGLE LEG CALF RAISES



LUNGES



PLIOMETRICS



HACK SQUAT

ABS

ABS



REVERSE LUNGE



CARDIO SIDE TO SIDE



SINGLE LEG HANGING LUNGE



AB CRUNCH



CROSS PULL



HANGING CRUNCH



HANGING SIDE CRUNCH



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