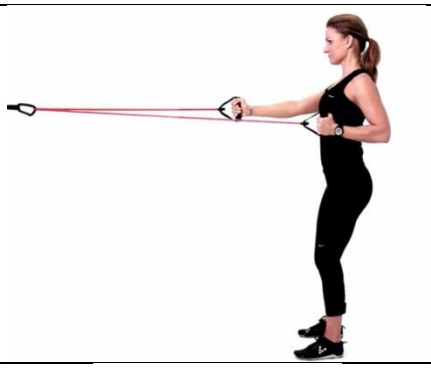
Workout

1	**CHEST PRESS**		
2	**LATERAL SHOULDER RAISE**		
3	**OVERHEAD SQUAT**		
4	**RESISTED PUSH-UP**		
REPEAT 1 – 4 : 3 sets of 10 reps			
Row 800 m			

5	**ONE ARM ROW**		
6	**RESISTED LUNGES**		
7	**ALTERNATING SHOULDER PRESS**		
8	**OVERHEAD TRICEP PRESS**		
REPEAT 5 – 8 : 3 sets of 10 reps			
Row 800 m			