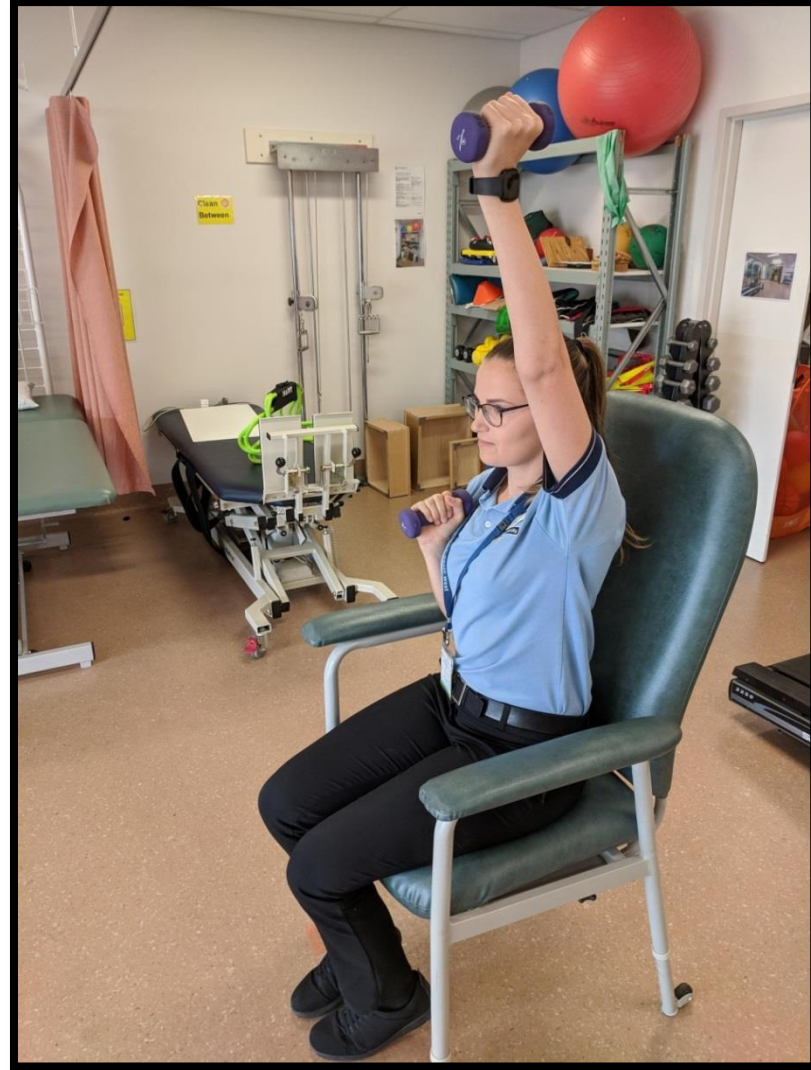


Elbow curls with or without weights

Equipment:

- Dumbbells (0.5kg, 1kg & 1.5kg)
- Chair



Shoulder press with or without weights

Equipment:

- Dumbbells (0.5kg, 1kg & 1.5kg)
- Chair