



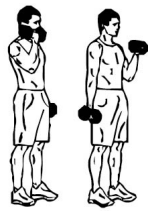
# DYNAMIC DUMBBELL

**Level I** 3 sets

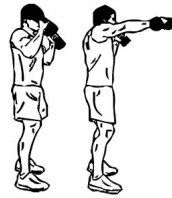
**Level II** 4 sets

**Level III** 5 sets

**Rest** 2 minutes



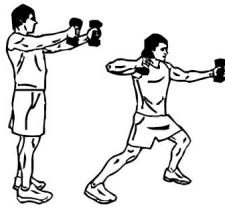
20 alt bicep curls



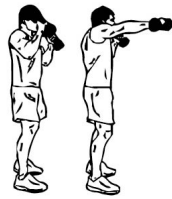
10 punches



10 overhead punches



20 archers



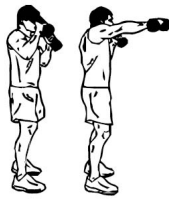
10 punches



10 overhead punches



20 alt hammer curls



10 punches



10 overhead punches

