

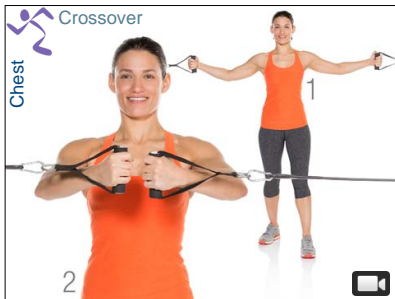


Anytime Fitness: Here Is Your Workout

Upper Body Wedding Workout 2



| |
|--------------------------------------|
| Intensity |
| Reps: 10 |
| Sets: 2 sets per exercise |
| Load: CHALLENGING weight |
| Rest: 60 seconds between sets |





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