
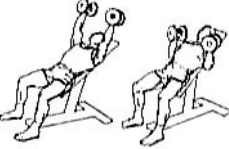

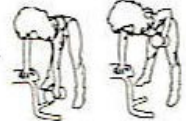






Personalized Strength Training Workout

Workout for Size "G" Breasts

Exercise	Sets	Reps	Exercise	Sets	Reps
 <p>Dumbbell Fly</p>	2	20			
 <p>Incline Dumbbell Press</p>	2	20			
 <p>Dumbbell Fly</p>	1	20			
 <p>One Arm Row</p>	2	20			
 <p>Lat Pulldowns</p>	2	20			
 <p>Lateral Rear Delt Raise</p>	2	20			

- *Perform each exercise throughout its full range of motion*
- *Rest no more than 15 seconds between sets-High Intensity is the key!*