

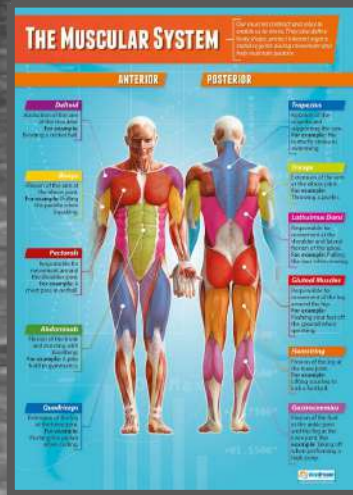
Muscle of the Week:

Bicep



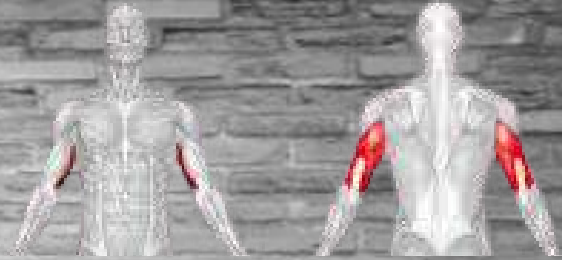
How to workout Biceps:

- Push Ups
- Pull Ups
- Bicep Curls



Muscle of the Week:

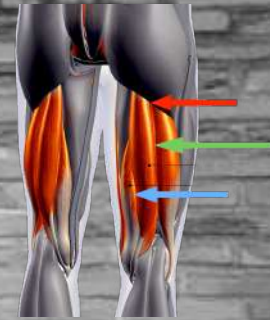
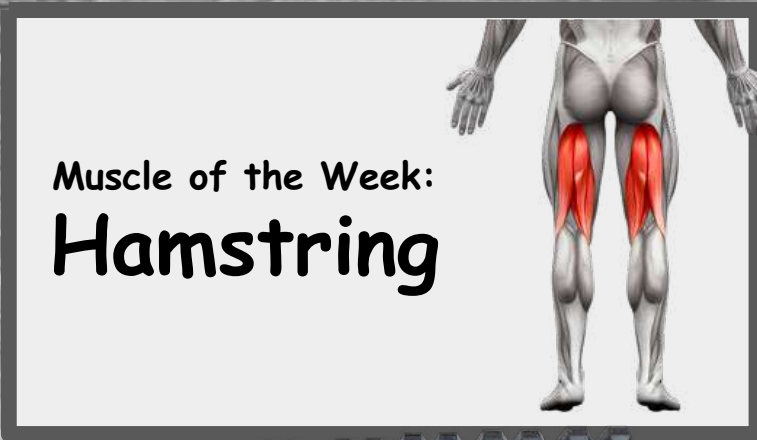
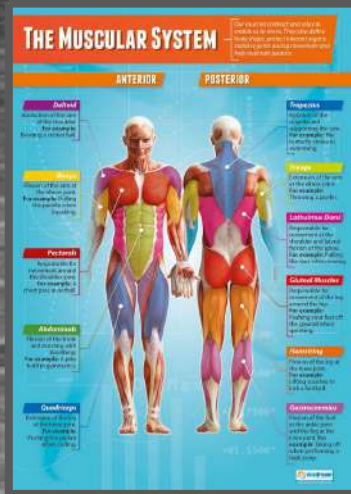
Triceps



How to workout Triceps:

- Tricep Dips
- Push Ups





- How to workout Hamstrings:**
- Crabwalk
 - Bridge
 - Reverse Plank



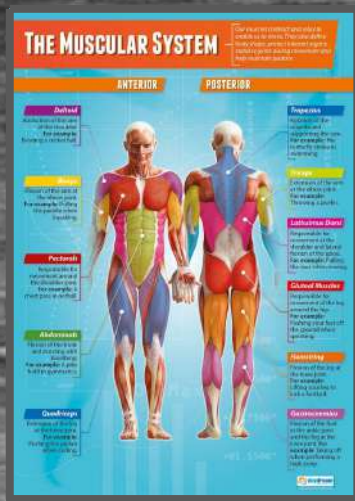


Muscle of the Week: Quadriceps (Quads)



- How to workout Quadriceps:
- Frog Jumps
 - Squats
 - Lunges





Muscle of the Week:

Calf



When do you use your calf:

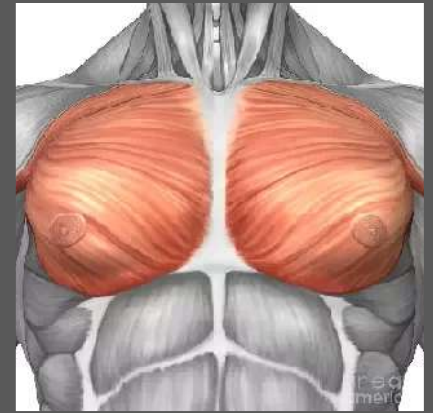
- Walking
- Running
- Jumping





Muscle of the Week:

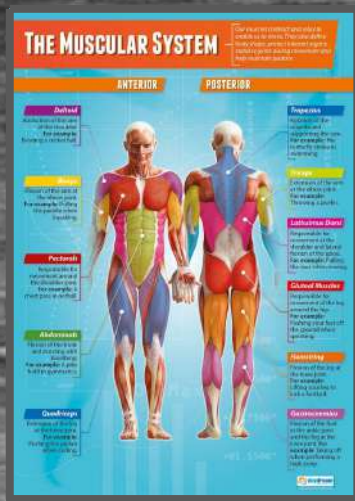
Pectoral (Pecs)



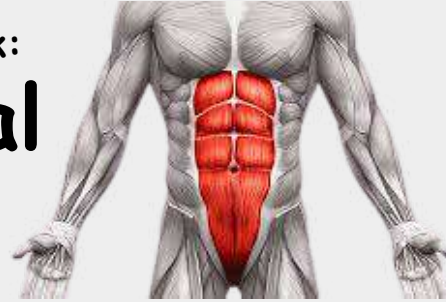
When do you use your Pec:

- Push Ups
- Should Touches



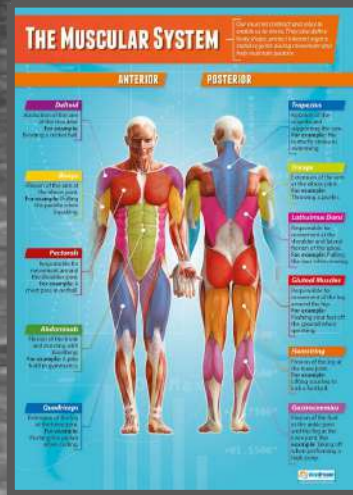


Muscle of the Week: Abdominal (Abs)



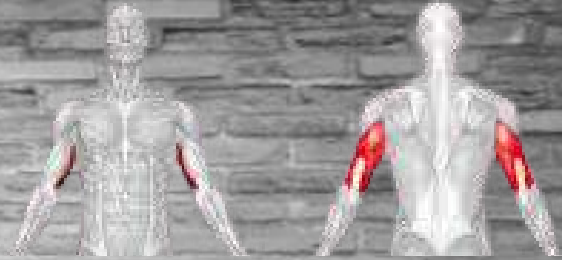
- Info about abs:
- Balance/Support
 - "Core" exercises
 - Protect Spine





Muscle of the Week:

Triceps



How to workout Triceps:

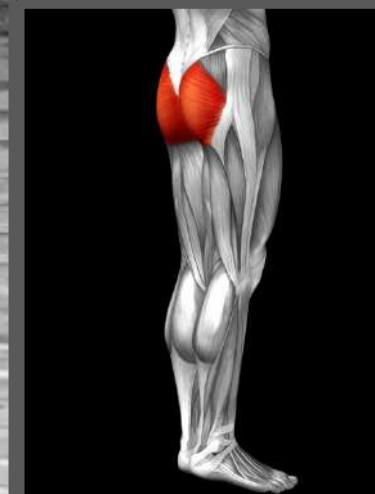
- Tricep Dips
- Push Ups





Muscle of the Week:

Gluteus (Glutes)



How to workout Glutes?

- Squats
- Lunges





Muscle of the Week:

Deltoid



How to workout our Deltoid?

- Shoulder Touches
- Planks

