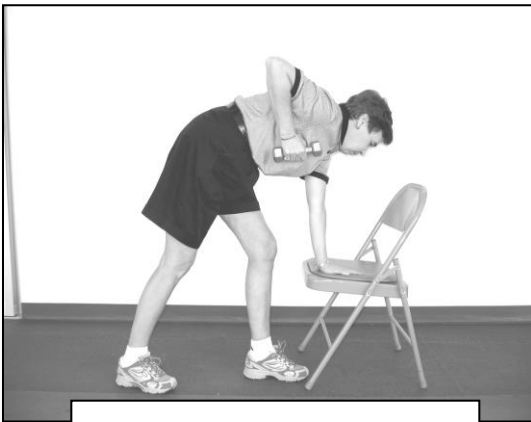
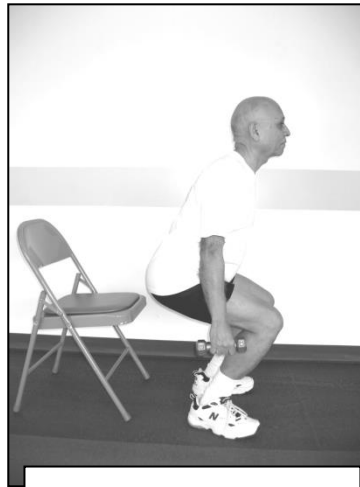




Dumbbell Exercise Poster



1. Dumbbell Row



2. Half Squat



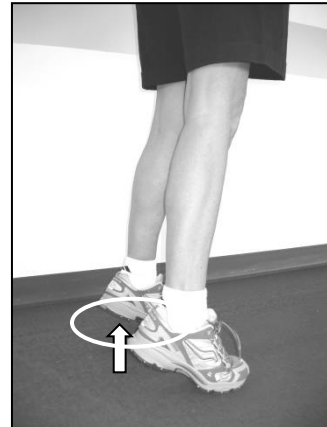
3. Biceps Curl



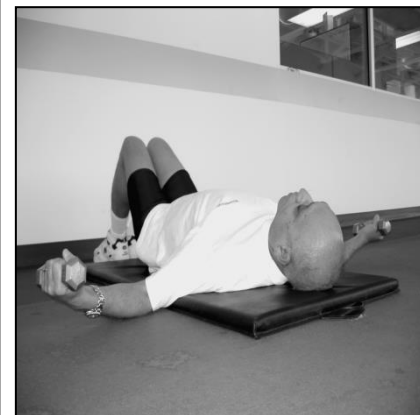
4. Leg Curl



5. Lateral Raise



6. Heel Raise



7. Supine Fly



8. Curl Up



9. Triceps Extension



10. Bird Dog