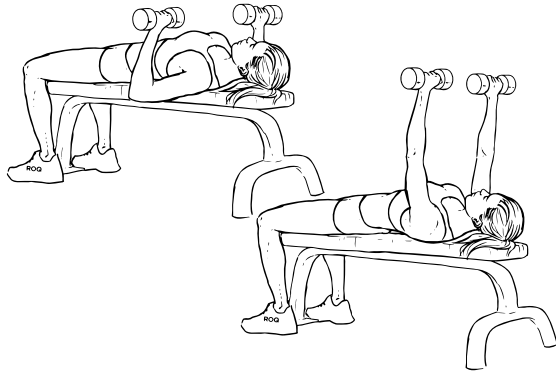


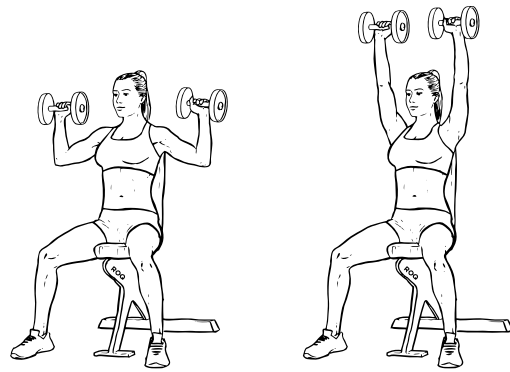
# Off Season, WK 9-12, Days 1 & 3

## Dumbbell Flat Bench Press



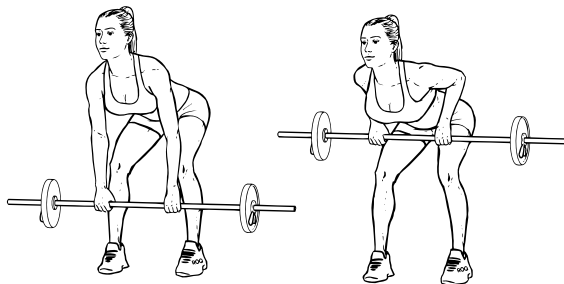
**3 sets 25 reps**

## Dumbbell Overhead Shoulder Press



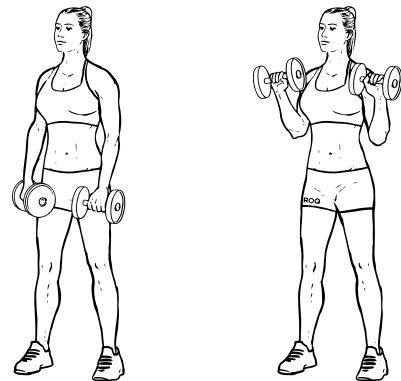
**3 sets 25 reps**

## Bent Over Barbell Row



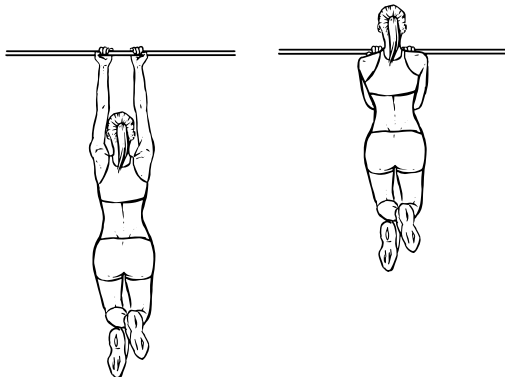
**3 sets 25 reps**

## Reverse Curl



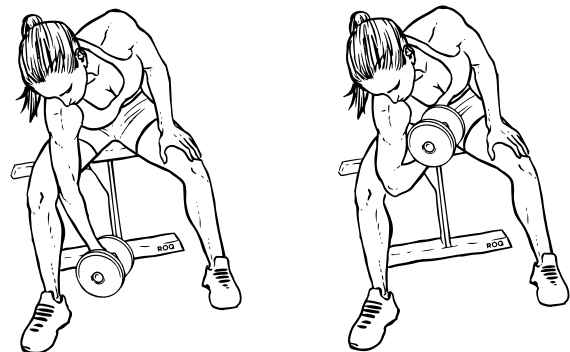
**2 sets 25 reps**

## Close Grip Pullup / Chinup



**3 sets 25 reps**

## Seated Dumbbell Concentration Curls



**2 sets 25 reps**