

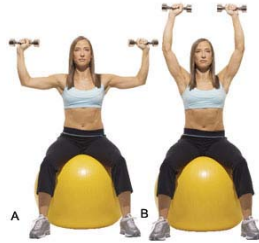
Minimum of 1 to 1.5 minutes or until muscle fatigue



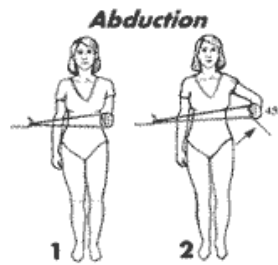
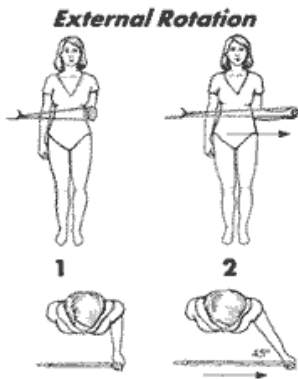
Minimum of 3 sets of 15 reps or until muscle fatigue



Minimum of 3 sets of 15 reps or until muscle fatigue



Minimum of 3 sets of 15 reps or until muscle fatigue



Minimum of 3 reps of 15 sets per arm or until muscle fatigue

