



## JB VIDEO VAULT

### HOW TO IMPROVE YOUR MUSCULAR STRENGTH

#### EXERCISE GUIDANCE PLAN

MON	TUES	WED	THUR	FRI	SAT	SUN
<b>(UPPER BODY STRENGTH)</b> Upper Body Weights in 30 Jan 2023 <b>(dumbbells)</b>	<b>REST DAY</b>  OR  Full Body Summer Stretch	<b>(FULL BODY)</b> Total Body Workout <b>(dumbbells)</b>	<b>(UPPER BODY STRENGTH)</b> Strong Shoulders & Arms with Dumbbells in 30 Mar 23 (Quick stretch)	<b>REST DAY</b>  OR  <b>Chill &amp; Flow by the Lake</b>	Abs & Arms Attack Nov 21	<b>(FULL BODY)</b> Full Body Blast in 10 Jun 22