

# HOME TONE

## UPPERBODY

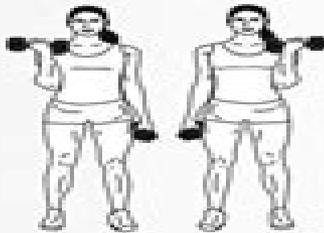
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Level I 3 sets

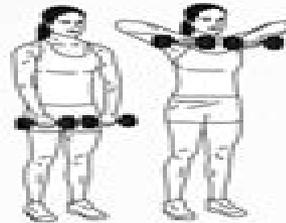
Level II 4 sets

Level III 5 sets

2 minutes rest



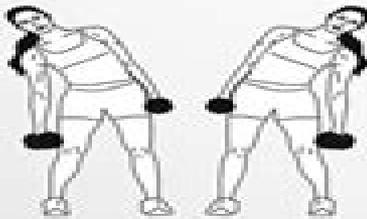
**20** alternating bicep curls



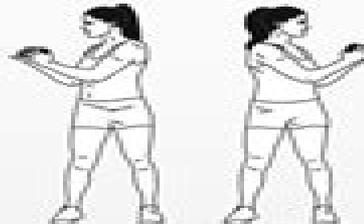
**10** upright rows



**10** alternating shoulder press



**10** side bends



**10** core twists



**20** tricep extensions

# Tone Workout

**Lei Huang**



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