Week of 6/10:

* Warm-Up
* Jump-Squat
	+ 3-4 sets of 8-15 reps
* One-Arm DB Row on Bench
	+ 4 sets of 8-15 reps
* Side-Lateral Raise
	+ 3-4 sets of 8-15 reps
* DB Alternate Bicep Curl
	+ 3-4 sets of 8-15 reps
* Incline DB Press
	+ 3-4 sets of 8-15 reps