

DUMBBELL WORKOUT

Select 1-2 exercises per body part and perform the appropriate rep and set range for your goals.

ENDURANCE
15-20 REPS
1-3 SETS

TONING
6-12 REPS
3-5 SETS

STRENGTH
1-6 REPS
3-5 SETS

FULL BODY



1. SQUAT PRESS



2. LYING CHEST FLY



3. FRONT SQUAT



4. PLANK & ROTATE

UPPER BODY



1. LYING OVERHEAD REACH



2. ARM KICKBACK



3. REVERSE LUNGE PRESS



4. SINGLE LEG SCARECROW

BACK



1. WEIGHTED SQUAT



2. SINGLE LEG



3. REVERSE FLY



4. BACK ROW

FULL BODY



1. OVERHEAD PRESS



2. REVERSE LUNGE PRESS



3. SKULL CRUSHERS



4. OVERHEAD TRICEPS

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FULL BODY



1. CHEST PRESS



2. LOW WOODCHOP



3. LEG LOWER



4. ROW KICKBACK

UPPER BODY



1. OVERHEAD REACH



2. ARM KICKBACK



3. SITTING DUMBBELL CURL



4. DUMBBELL LUNGE

BACK



1. OVERHEAD PRESS



2. SIT UP AND FLY



3. SEATED TWIST



4. LOW WOODCHOP

FULL BODY



1. LEG DEADLIFTS



2. THREE LAWN MOWER



3. GOBLET SQUAT



4. SIDE LUNGE