

# THE DUMBBELL FULL BODY

## CIRCUIT ROUTINE

01

CHEST

### Dumbbell Bench Press

Using a flat bench or the floor, press dumbbells up as you exhale; connect and pause over chest Lower & repeat.  
Reps: 12-15

02

BACK

### Bent Over Dumbbell Row

Using a flat bench or jump box, pull dumbbells from floor to your side; connect and pause near hip Lower & repeat.  
Reps: 12-15

03

LEGS

### Dumbbell Goblet Squat

Hold dumbbell under it's top end at chest, in a neutral stance squat below 90° and pause Stand & repeat.  
Reps: 12-15

04

LEGS

### One-Leg Romanian Deadlift

Standing strait up with dumbbell in hand of moving leg, bend over with one leg; pause Stand & repeat.  
Reps: 12-15

05

BICEPS

### Dumbbell Bicep Curl

Standing or seated upright, curl dumbbells up as you exhale; connect and pause Lower & repeat.  
Reps: 12-15

06

TRICEPS

### Single Dumbbell Overhead Tricep Extension

Standing or seated upright, extend dumbbell up as you exhale; connect and pause overhead Lower & repeat.  
Reps: 12-15

Repeat above exercise sequence for 3-5 rounds.

Want to push a little harder? Finish up with your favorite ab routine or a 20-30 minute brisk walk, jog or run.

Be sure to hydrate throughout and take rests between sets as needed.