



# RITFIT DUMBBELL WORKOUT

## UPPER BODY

|              |                    |                  |                     |                            |             |                    |                    |
|--------------|--------------------|------------------|---------------------|----------------------------|-------------|--------------------|--------------------|
| <b>CHEST</b> | <b>CHEST PRESS</b> | <b>CHEST FLY</b> | <b>LAT PULLOVER</b> | <b>INCLINE CHEST PRESS</b> | <b>BACK</b> | <b>ONE ARM ROW</b> | <b>REVERSE FLY</b> |
|              |                    |                  |                     |                            |             |                    |                    |

## UPPER BODY

|             |                      |                      |            |                   |                         |                           |                        |
|-------------|----------------------|----------------------|------------|-------------------|-------------------------|---------------------------|------------------------|
| <b>BACK</b> | <b>BENT-OVER ROW</b> | <b>RENEGRADE ROW</b> | <b>ARM</b> | <b>SIDE RAISE</b> | <b>TRICEP EXTENSION</b> | <b>CONCENTRATION CURL</b> | <b>TRICEP KICKBACK</b> |
|             |                      |                      |            |                   |                         |                           |                        |

## UPPER BODY

## CORE

|            |                    |                    |                   |            |                    |                      |                      |
|------------|--------------------|--------------------|-------------------|------------|--------------------|----------------------|----------------------|
| <b>ARM</b> | <b>FRONT RAISE</b> | <b>UPRIGHT ROW</b> | <b>WRIST CURL</b> | <b>ABS</b> | <b>TORSO TWIST</b> | <b>RUSSIAN TWIST</b> | <b>BOW EXTENSION</b> |
|            |                    |                    |                   |            |                    |                      |                      |

## CORE

## FULLBODY

## LOWER BODY

|            |                  |                         |                   |                |                       |               |                  |
|------------|------------------|-------------------------|-------------------|----------------|-----------------------|---------------|------------------|
| <b>ABS</b> | <b>SIDE BEND</b> | <b>½ TURKISH GET-UP</b> | <b>WOOD CHOPS</b> | <b>PLANK T</b> | <b>DUMBBELL SWING</b> | <b>GLUTES</b> | <b>HIP RAISE</b> |
|            |                  |                         |                   |                |                       |               |                  |

## LOWER BODY

|               |                     |                     |             |              |                    |                   |                  |
|---------------|---------------------|---------------------|-------------|--------------|--------------------|-------------------|------------------|
| <b>GLUTES</b> | <b>DONKEY KICKS</b> | <b>GOBLET SQUAT</b> | <b>LEGS</b> | <b>LUNGE</b> | <b>SPLIT LUNGE</b> | <b>SIDE LUNGE</b> | <b>DEAD LIFT</b> |
|               |                     |                     |             |              |                    |                   |                  |

## LOWER BODY

|             |                |                             |
|-------------|----------------|-----------------------------|
| <b>LEGS</b> | <b>STEP UP</b> | <b>SINGLE LEG DEAD LIFT</b> |
|             |                |                             |

### INFO

### HOW TO CREATE A WORKOUT

1. Select 3-4 exercises
2. Perform the appropriate rep and set range for your fitness goal

**Note:** Increase the weight for strength and toning; Or, decrease for endurance.

| FITNESS GOAL | REP   | SETS |
|--------------|-------|------|
| ENDURANCE    | 15-20 | 1-3  |
| TONING       | 8-12  | 3-5  |
| STRENGTH     | 5-10  | 3-5  |

**A GYM OF YOUR OWN.**