

# DUMBBELL WORKOUT CHART

A-BLOCK				A-BLOCK				A-BLOCK				A-BLOCK			
Goblet Squat 3 x 10-12 reps				Bench Press 3 x 10-12 reps				Deadlift 3 x 10-12 reps				Shoulder Press 3 x 10-12 reps			
Prone Hamstring Raise 3 x 10-12 reps Each leg				SA Bent Over Row 3 x 10-12 reps Each arm				Sit-up 3 x 10-12 reps				Bent Over Row 3 x 10-12 reps			
Side Glute Bridge 3 x 10-12 reps Each side				Alternating Bicep Curl 3 x 10-12 reps Each arm				Good Mornings 3 x 10-12 reps				Standing Zottman Curl 3 x 10-12 reps Twist wrist on way down			
B-BLOCK				B-BLOCK				B-BLOCK				B-BLOCK			
Bulgarian Squat 3 x 10-12 reps Each leg				Seated SA Alt Shoulder Press 3 x 10-12 reps Each arm				Split Squat 3 x 10-12 reps Each leg				SA Bench Press 3 x 10-12 reps Do all reps on one arm.			
KB Swing 3 x 10-12 reps				Prone Row Iso 3 x 10-12 reps 3 second hold				Supine Leg Thrust 3 x 10-12 reps				Bent Over Reverse Fly 3 x 10-12 reps			
Supine Bent Knee Rotation 3 x 10-12 reps each way				Lying Tricep Extension 3 x 10-12 reps				SL Contralateral RDL 3 x 10-12 reps Each leg				JM Press 3 x 10-12 reps			
C-BLOCK				C-BLOCK				C-BLOCK				C-BLOCK			
Forward Lunge 3 x 10-12 reps Each leg				Curl to Arnold Press 3 x 10-12 reps				Walking Lunge 3 x 10-12 reps Each leg				Floor Press 3 x 10-12 reps			
Short Supine Bridge 3 x 20 secs Each leg				Renegade Row 3 x 10-12 reps Row both arms after each push-up				Crunch Reach 3 x 10-12 reps				Seated Shrug 3 x 10-12 reps			
RDL 3 x 10-12 reps				Alternating V-up 3 x 10-12 reps per leg				Supine Glute Bridge March 3 x 10-12 reps Maintain the bridge while extending your legs.				Farmers Walk 3 x 30 yards			