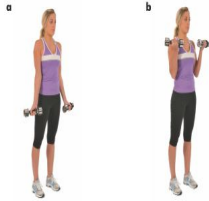


# DUMBBELL WORKOUT

## exercise 1 bicep curl, under grip

• stability • strength • power • isolation



## exercise 2 bicep reverse curl, over grip

• stability • strength • power • isolation



## exercise 3 bicep curl 21s

• stability • strength • power • isolation



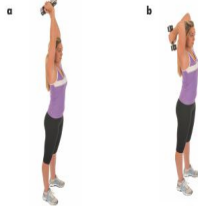
## exercise 3 bicep curl 21s

• stability • strength • power • isolation



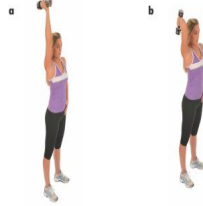
## exercise 4 overhead triceps press

• stability • strength • power • isolation



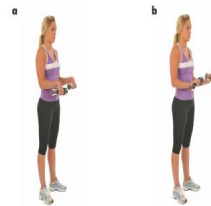
## exercise 5 single-arm triceps press

• stability • strength • power • integration



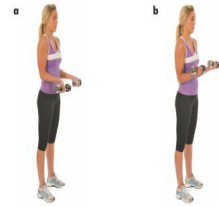
## exercise 6 wrist curls, over grip

• strength • power • isolation • bench



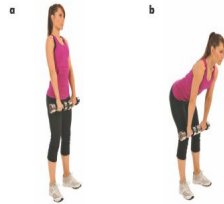
## exercise 7 wrist curls, under grip

• strength • power • isolation



## exercise 8 dead lift

• stability • strength • power • integration



## exercise 9 deltoid raise front

• stability • strength • power • integration

