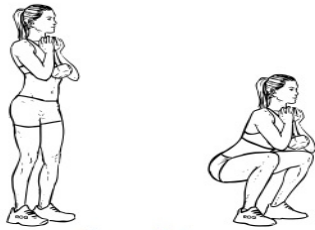


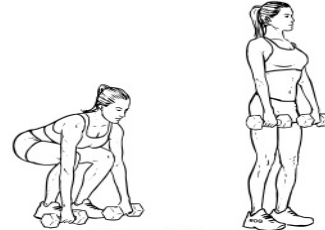
Ultimate Full Body Dumbbell Workout Pack

Goblet Squat



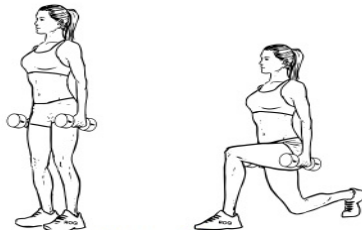
3 sets 15 reps

Dumbbell Deadlift



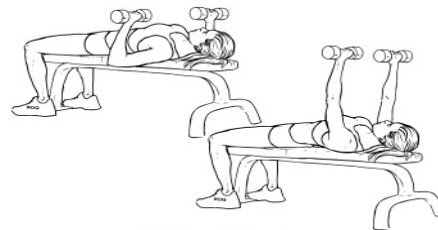
3 sets 12 reps

Dumbbell Lunges



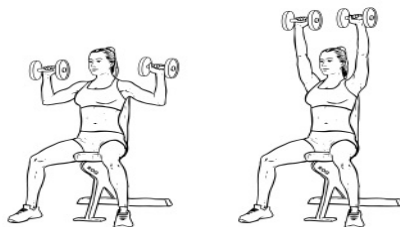
3 sets 12 reps

Dumbbell Flat Bench Press



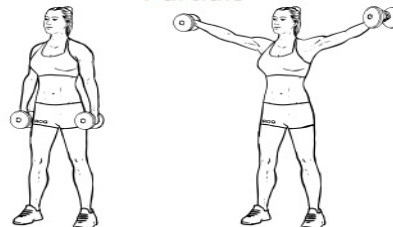
3 sets 12 reps

Dumbbell Overhead Shoulder Press



3 sets 15 reps

**Dumbbell Lateral Raise / Power
Partials**



3 sets 12 reps