Dumbbell Workout Chart

Complete the circuit below several times a week. Track your progress once a week for 8 weeks. More circuit options and a customizable chart available at http://www.ourfitnesshouse.com/printable-dumbbell-workout-chart.html

CIRCUIT: REPEAT 2-3 TIMES

Exercise	Duration
Weighted Squats	30 sec
Calf Raises	30 sec
Bicep Curls	30 sec
Tricep Extensions	30 sec
Overhead Press	30 sec
Lateral Raise	30 sec
Lunge Rows (Right Leg Forward)	30 sec
Lunge Rows (Left Leg Forward)	30 sec
Chest Press	30 sec
Weighted Russian Twist	30 sec
Rest	30-60 sec

Notes

PROGRESS

Date	Waist Measurement	Chest Measurement	Hip Measurement	Thigh Measurement	Arm (Bicep) Measurement

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