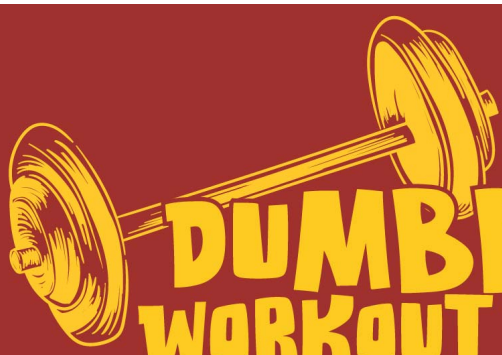

DUMBBELL WORKOUT CHART

CIRCUIT: REPEAT 2-3 TIMES

EXERCISE	DURATION	NOTES

PROGRESS

DATE	WAIST MEASUREMENT	CHEST MEASUREMENT	HIP MEASUREMENT	THIGH MEASUREMENT	ARM(BICEP) MEASUREMENT