

DUMBBELL EXERCISES CHART



NEUTRAL-GRIP FLOOR PRESS



LANDMINE PRESS



BENCH PRESS



INCLINE BENCH PRESS



BENT-OVER ROW



SINGLE-ARM ROW



BATWING



GUILLOTINE PRESS



INCLINE FLYE



DUMBBELL SHRUG



BOTTOM-UP KETTLEBELL PRESS



BENT-OVER REVERSE FLYE