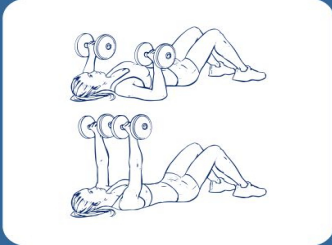


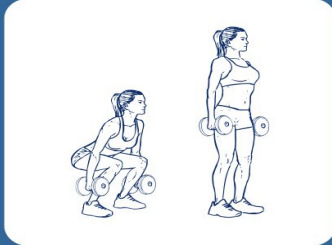
DUMBBELL WORKOUT CHART

Dumbbell Floor Chest Press



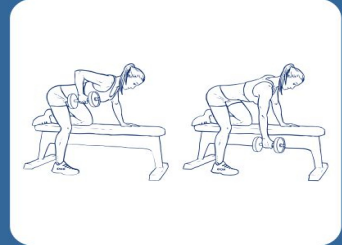
2 sets 12 reps 45 sec rest

Dumbbell Squats



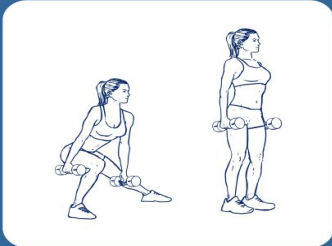
2 sets 12 reps 45 sec rest

Single Arm Dumbbell Bench Rows



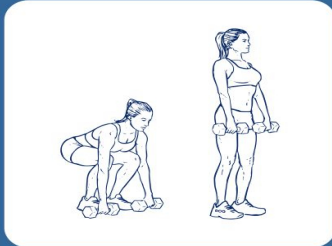
2 sets 12 reps 45 sec rest

Dumbbell Lateral Lunges



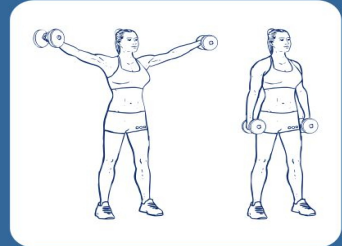
2 sets 12 reps 30 sec rest

Dumbbell Deadlifts



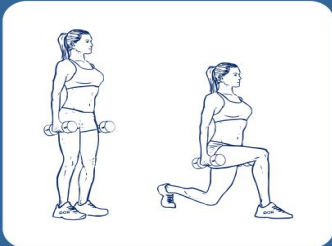
2 sets 12 reps 45 sec rest

Lateral Shoulder Dumbbell Raises



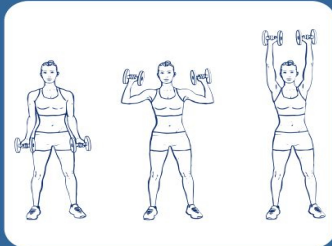
2 sets 10 reps 45 sec rest

Dumbbell Lunges



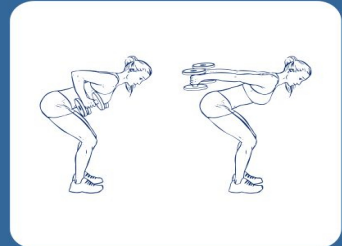
2 sets 12 reps 45 sec rest

Dumbbell Biceps Curl to Shoulder Press



2 sets 12 reps 45 sec rest

Double Arm Tricep Kickbacks



2 sets 12 reps 45 sec rest