

## SHOULDERS



## CHEST



## ABS



## TRAINING PROGRAM #1

**Triset A (Chest/Back/Abs):**  
 Pushup or Incline Bench Press  
 3 sets x 10-12 reps (no rest)  
 One Arm Dumbbell Row (no rest)  
 Crunch  
 3 sets x 25-40 reps (1 minute rest)

**Triset B (Delts/Biceps/Triceps):**  
 Dumbbell Upright Row  
 3 sets x 10-12 reps (no rest)  
 Dumbbell Curl  
 3 sets x 10-12 reps (no rest)  
 Overhead Tricep Extension  
 3 sets x 10-12 reps (1 minute rest)

## TOTAL BODY ROUTINE

**Triset C (Thighs/Hamstrings/Calves):**  
 Squat  
 3 sets x 10-12 reps (no rest)  
 Stiff Legged Deadlift  
 3 sets x 10-12 reps (no rest)  
 One Leg Calf Raise  
 3 sets x 10-12 reps (1 minute rest)

*Notes: Move to Triset B after you have completed 3 sets of Triset A. Move to Triset C after you have completed 3 sets of Triset B. Precede each set with at least one set of light weights, high rep warm-ups. Rest 1-2 days between workouts. Add cardio on days off.*

## BACK



## TRAINING PROGRAM #2

**Upper Body**  
 70 Degree Incline Press  
 Flat Bench Press  
 Incline Fly  
 One Arm Row  
 Isolation Row

Shoulder Fly  
 Dumbbell Curl  
 Incline Curl  
 Tricep Kickback  
 Tricep Extension  
 Wrist Curl

*Notes: Perform 2 sets of each exercise for 10-12 reps. Move up to 3 sets after 4 weeks. At 2 sets per exercise the routine lasts 45 minutes if you rest 1 minute in between sets. At 3 sets it lasts 60 minutes.*

## SPLIT ROUTINE

**Lower Body**  
 Squat  
 Lunge  
 Leg Extension  
 Stiff Legged Deadlift  
 Leg Curl

Calf Raise  
 Situp  
 Ab Lateral  
 Leg Raise

**Disclaimer:** These routines are intended to be only guidelines for dumbbell workouts and not a complete workout program. Please consult with a Fitness Professional if there is any doubt as to how to perform any exercises.

## ARMS



## LEGS



## DUMBBELL & SUPER BENCH EXERCISES