



Workout Chart - Dumbbells

|         |                                  |  |                                 |
|---------|----------------------------------|--|---------------------------------|
| TRICEPS | <p>Two-Arm Triceps Extension</p> | <p>One-Arm Triceps Extension</p>           | <p>Seated Triceps Extension</p> |
| TRICEPS | <p>Triceps Kickback</p>          | <p>Bent-Over One-Arm Triceps Extension</p> | <p>Lying Triceps Extension</p>  |
| TRICEPS | <p>Triceps Bench Press</p>       |  |                                 |
| BACK    | <p>Wide Row</p>                  | <p>Bent Over Row</p>                       | <p>Knawling One Arm Row</p>     |
| BACK    | <p>One Arm Row</p>               | <p>Dead Lift</p>                           | <p>Stiff Legged Dead Lift</p>   |
| BACK    | <p>Bend to Opposite Foot</p>     | <p>Twisting Bend to Opposite Foot</p>      | <p>Back Fly</p>                 |
| LEGS    | <p>Squat</p>                     | <p>Reverse Lunge</p>                       | <p>Stationary Lunge</p>         |