

DUMBBELL WORKOUT

CHEST	DUMBBELL PRESS	DUMBBELL FLY	DUMBBELL PULLOVER
	<p>1. Sit on a bench with your feet flat on the floor and your knees bent at a 90-degree angle. Hold a dumbbell in each hand at shoulder height with your arms extended.</p> <p>2. Press the dumbbells up and slightly out to the sides until your arms are fully extended.</p> <p>3. Lower the dumbbells back to the starting position.</p> <p>4. Repeat for the desired number of repetitions.</p>	<p>1. Lie on a bench with your knees bent and your feet flat on the floor. Hold a dumbbell in each hand above your head with your arms extended.</p> <p>2. Lower the dumbbells out to the sides in an arc until your arms are parallel to the floor.</p> <p>3. Raise the dumbbells back to the starting position.</p> <p>4. Repeat for the desired number of repetitions.</p>	<p>1. Lie on a bench with your knees bent and your feet flat on the floor. Hold a dumbbell above your head with your arm extended.</p> <p>2. Lower the dumbbell behind your head in an arc until your arm is parallel to the floor.</p> <p>3. Raise the dumbbell back to the starting position.</p> <p>4. Repeat for the desired number of repetitions.</p>
	ALTERNATE DUMBBELL CURL	CONCENTRATION CURL	DUMBBELL CURL
BICEPS	<p>1. Stand with your feet shoulder-width apart. Hold a dumbbell in your right hand.</p> <p>2. Curl the dumbbell up to your shoulder.</p> <p>3. Lower the dumbbell back to the starting position.</p> <p>4. Repeat for the desired number of repetitions.</p>	<p>1. Sit on a bench with your feet flat on the floor. Hold a dumbbell in your right hand with your palm facing your thumb.</p> <p>2. Curl the dumbbell up to your shoulder.</p> <p>3. Lower the dumbbell back to the starting position.</p> <p>4. Repeat for the desired number of repetitions.</p>	<p>1. Sit on a bench with your feet flat on the floor. Hold a dumbbell in your right hand with your palm facing your thumb.</p> <p>2. Curl the dumbbell up to your shoulder.</p> <p>3. Lower the dumbbell back to the starting position.</p> <p>4. Repeat for the desired number of repetitions.</p>
	SEATED DUMBBELL EXTENSION	ONE-ARM DUMBBELL EXTENSION	OVERHEAD TRICEPS EXTENSION
	<p>1. Sit on a bench with your feet flat on the floor. Hold a dumbbell with both hands behind your head.</p> <p>2. Extend your arms down.</p> <p>3. Raise the dumbbell back to the starting position.</p> <p>4. Repeat for the desired number of repetitions.</p>	<p>1. Sit on a bench with your feet flat on the floor. Hold a dumbbell with one hand behind your head.</p> <p>2. Extend your arm down.</p> <p>3. Raise the dumbbell back to the starting position.</p> <p>4. Repeat for the desired number of repetitions.</p>	<p>1. Sit on a bench with your feet flat on the floor. Hold a dumbbell with both hands overhead.</p> <p>2. Lower the dumbbell behind your head.</p> <p>3. Raise the dumbbell back to the starting position.</p> <p>4. Repeat for the desired number of repetitions.</p>
FOREARM	DUMBBELL WRIST CURL	DUMBBELL REVERSE WRIST CURL	
	<p>1. Sit on a bench with your feet flat on the floor. Hold a dumbbell with your palm facing up.</p> <p>2. Curl your wrist up.</p> <p>3. Lower the dumbbell back to the starting position.</p> <p>4. Repeat for the desired number of repetitions.</p>	<p>1. Sit on a bench with your feet flat on the floor. Hold a dumbbell with your palm facing down.</p> <p>2. Curl your wrist down.</p> <p>3. Lower the dumbbell back to the starting position.</p> <p>4. Repeat for the desired number of repetitions.</p>	