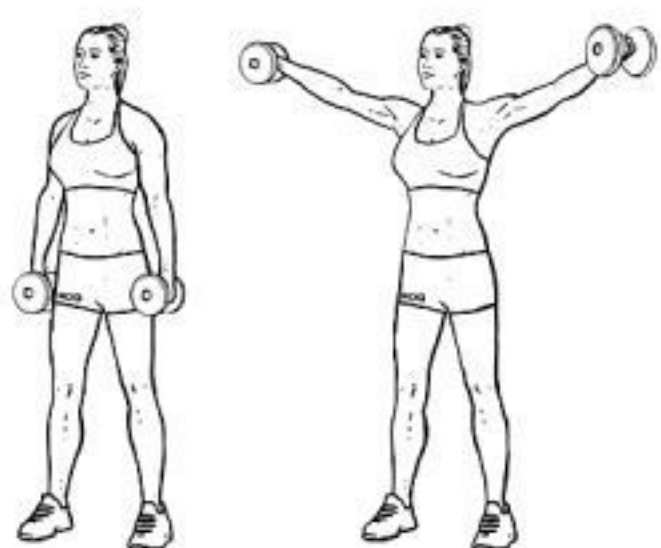
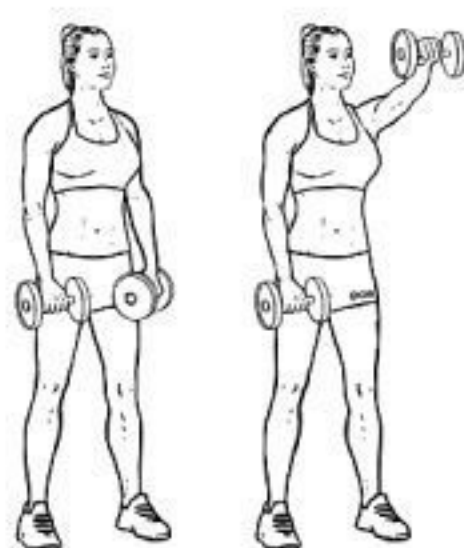


CLICK TO VIEW & PRINT

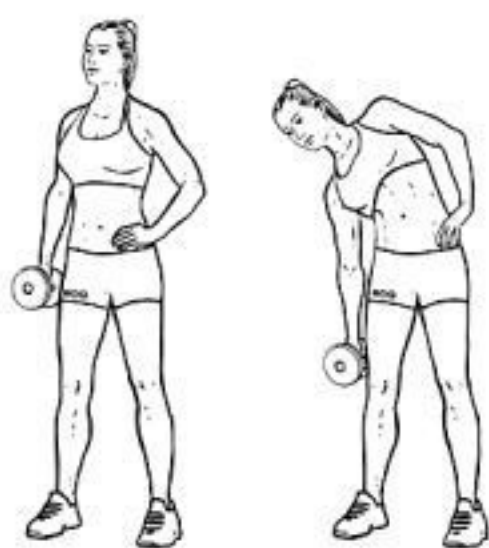
Beginner Upper Body Dumbbell Workout



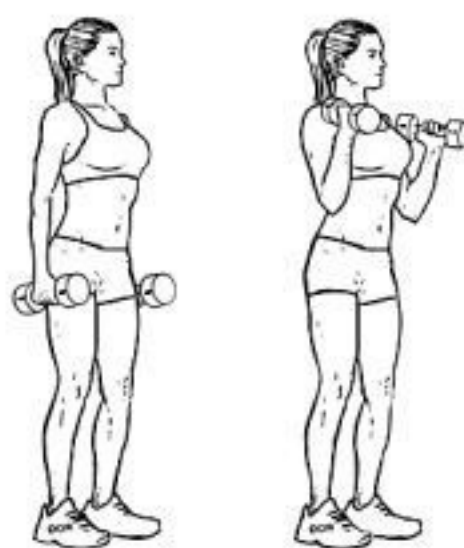
Lateral / Side Shoulder
Dumbbell Raises / Power
2 sets / 12 reps



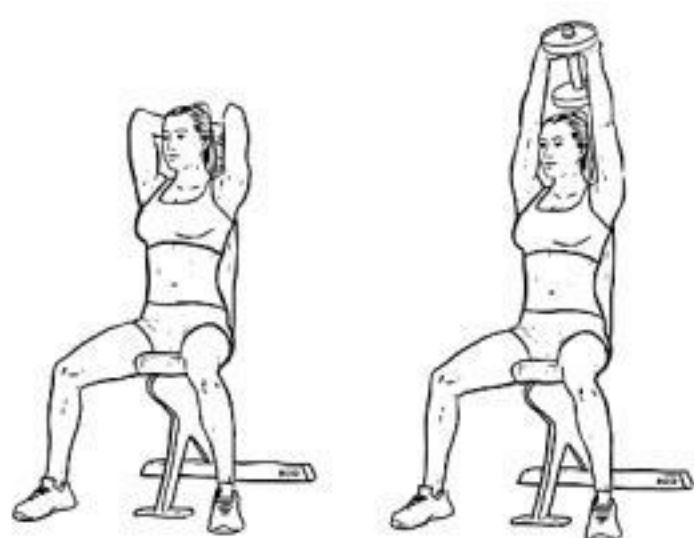
Forward / Front Shoulder
Dumbbell Raises
2 sets / 12 reps



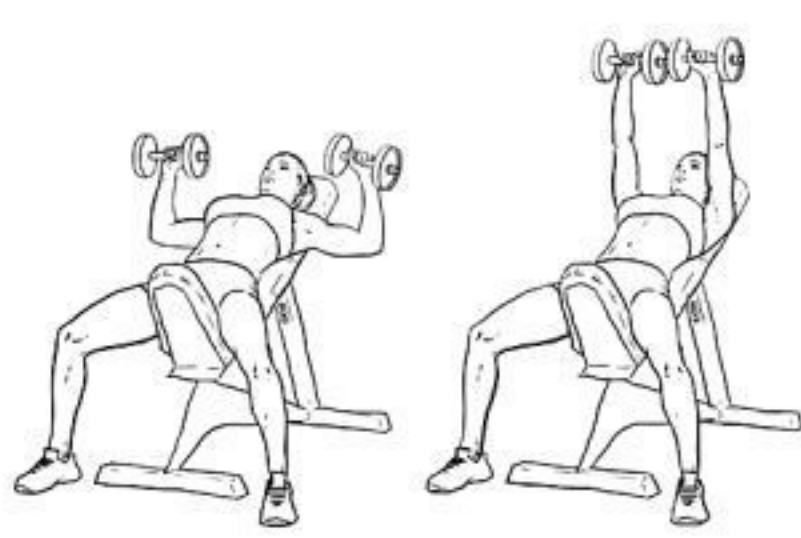
Standing Dumbbell /
Kettlebell Side Bends
2 sets / 12 reps



Standing Dumbbell Bicep
Curls
2 sets / 12 reps



Seated Tricep Press /
Overhead Extensions
2 sets / 12 reps



Incline Dumbbell Bench
Chest Press
2 sets / 12 reps

...and 3 more exercises



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