

DUMBBELL WORKOUT



INFO

HOW TO CREATE A WORKOUT

1. Select 3-4 Exercises
 2. Perform the appropriate rep and set range for your goal.
- Note:** Increase the weight for strength & toning or decrease for endurance & cardio.

FITNESS GOAL

	REP	SETS
ENDURANCE & CARDIO	15 - 20	1 - 3
STRENGTH	12 - 15	1 - 3
TONING	8 - 10	1 - 3

ARMS & CHEST

SHOULDERS & BACK

LEGS



SEATED TRICEPS PRESS



KICKBACK



OVERHEAD TRICEPS PRESS



STANDING BICEP CURL



CONCENTRATION CURL



LYING SINGLE ARM FLYES



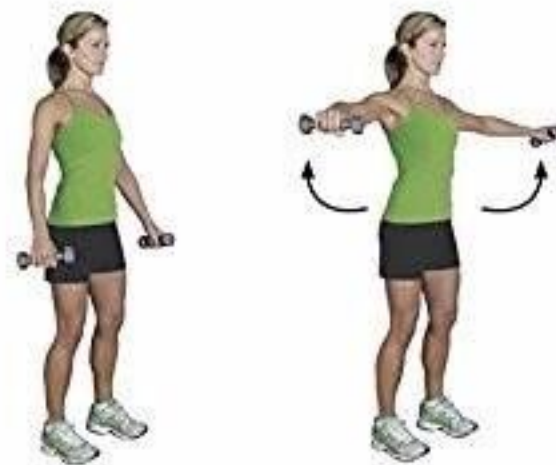
BENCH PRESS



LYING PULLOVER



SHOULDER PRESS



STANDING SIDE RAISE



SHOULDER SHRUG



SEATED INCLINE DELTOID RAISE



ALTERNATING FRONT DELTOID RAISE



STANDING BENT-OVER FLYES



SCREWDRIIVER



BENT OVER ROW



POINTING DOG



DEADLIFT



SQUAT



LUNGE