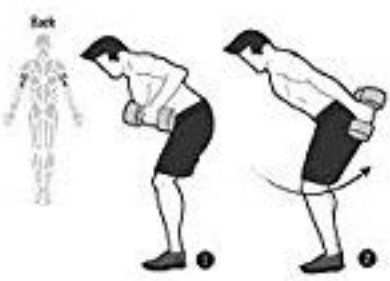
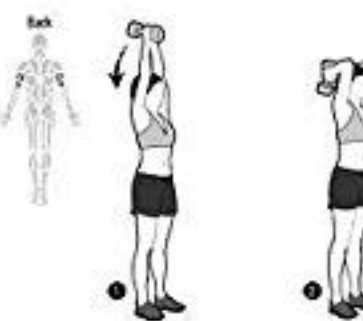

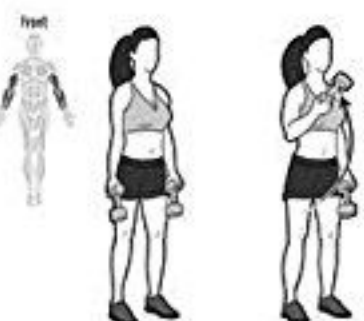
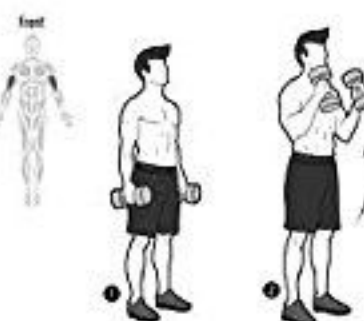

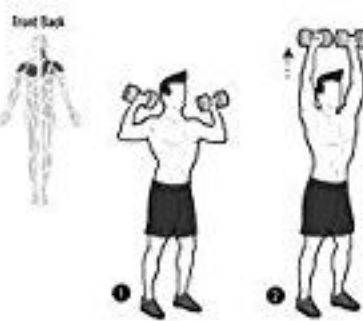
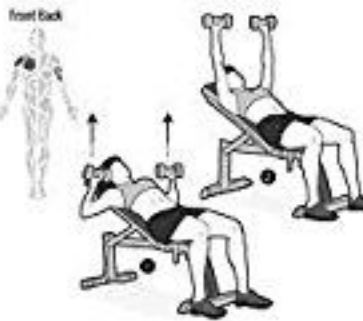


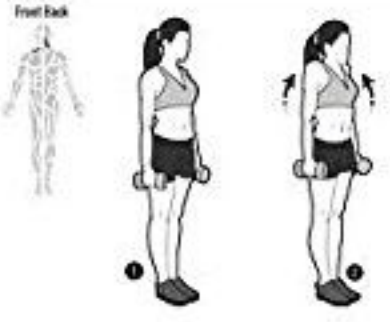
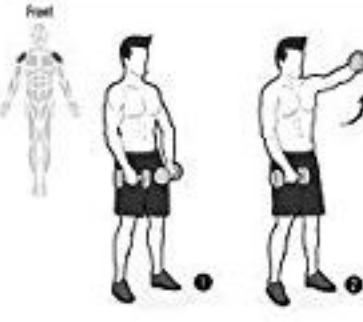
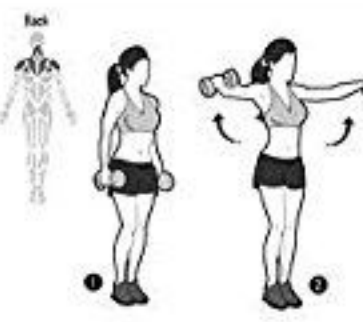
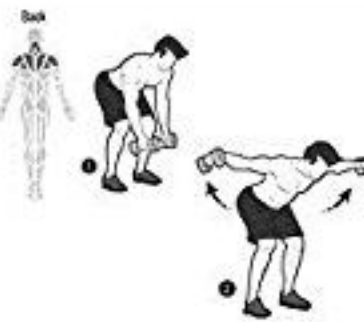
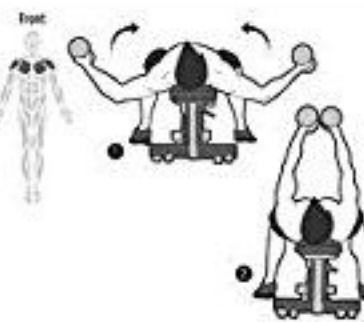










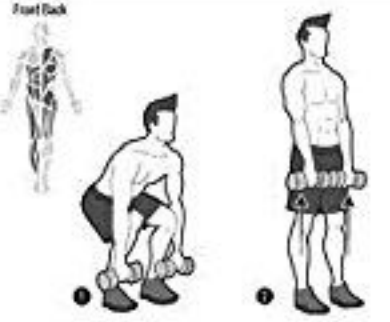

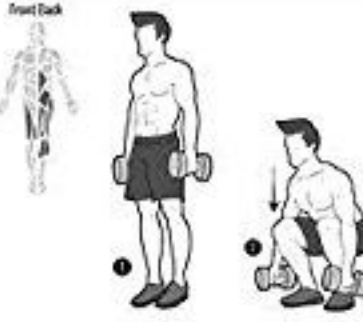





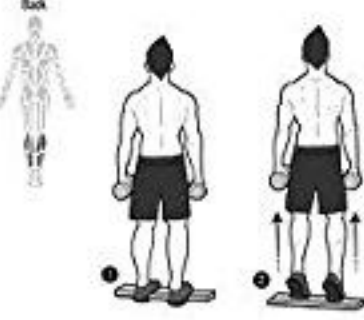
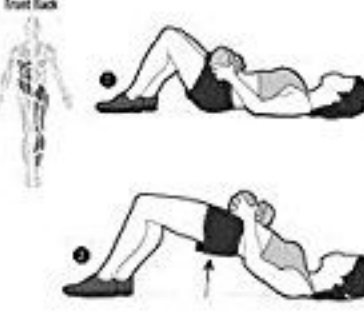
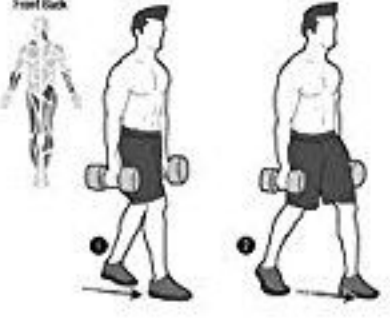
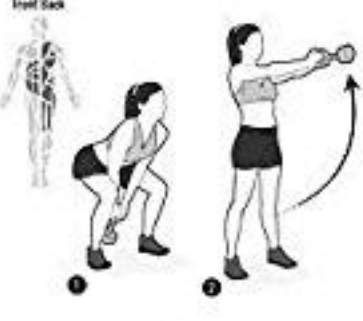
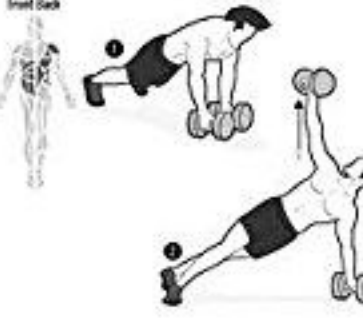




DUMBBELL WORKOUTS

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UPPER BODY	 <p>Tricep Kickback</p>	 <p>Tricep Extension</p>	 <p>Wrist Curl</p>	 <p>Grip Curl</p>	 <p>Hammer Curl</p>
UPPER BODY	 <p>Concentration Curl</p>	 <p>Shoulder Press</p>	 <p>Incline Bench Press</p>	 <p>Bench Press</p>	 <p>Dumbbell Pullover</p>
UPPER BODY	 <p>Shoulder Shrug</p>	 <p>Alternating Front Raise</p>	 <p>Side Raise</p>	 <p>Reverse Fly</p>	 <p>Chest Fly</p>
CORE	 <p>Bow Extension</p>	 <p>Russian Twist</p>	 <p>V-Up</p>	 <p>V-Sit Cross Jab</p>	 <p>Side Bend</p>
BACK	 <p>Single Arm Row</p>	 <p>Renegade Row</p>	 <p>Seesaw Row</p>	 <p>Floor T Raise</p>	 <p>Dumbbell Rolls</p>
LOWER BODY	 <p>Deadlift</p>	 <p>Romanian Deadlift</p>	 <p>Squat</p>	 <p>Goblet Squat</p>	 <p>Sumo Squat</p>
LOWER BODY	 <p>Side Lunge</p>	 <p>Lunge</p>	 <p>Step-Up</p>	 <p>Calf Raise</p>	 <p>Hip Raise</p>
TOTAL BODY	 <p>Farmer's Walk</p>	 <p>Swing</p>	 <p>Plank T</p>	 <p>Thruster</p>	 <p>Woodchop</p>