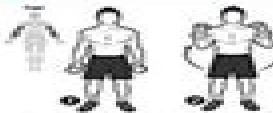


# DUMBBELL WORKOUTS

## UPPER BODY



Hammer Curl



Grip Curl



Concentration Curl



Tricep Kickback



Tricep Extension



Alternating Front Raise



Side Raise



Shoulder Press



Shoulder Shrug



Wrist Curl



Dumbbell Pullover



Bench Press



Incline Bench Press



Chest Fly



Reverse Fly

## CORE



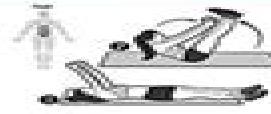
Side Bend



Bow Extension



Russian Twister



V-Up



V-Sit Cross Jab

## BACK



Single Arm Row



Incline Row



Floor T Raise



Renegade Row



Seesaw Row

## LOWER BODY



Squat



Goblet Squat



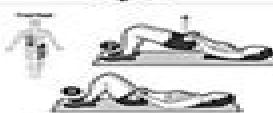
Sumo Squat



Jump Squat



Romanian Deadlift



Glute Bridge



Reverse Lunge



Side Lunge



Step-Up



Calf Raise

## TOTAL BODY



Plank T



Swing



Farmer's Walk



Thruster



Woodchop

# Body Building Guide Chart

**Ken Sprague,Bill Reynolds**

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Instructor's Manual for Your Guide to Getting Fit Ivan Kusinitz,1987      **The Body Fat Guide** Ron Brown,1999 The Easy Way to Analyze Your Body Composition and Energy Balance Offers all the body composition and energy balance information needed for permanent weight loss      **Principles and Techniques of Psychiatric Nursing** Madelene Elliott Ingram,1955  
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