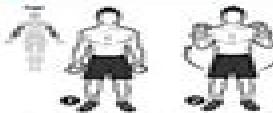


DUMBBELL WORKOUTS

UPPER BODY



Hammer Curl



Grip Curl



Concentration Curl



Tricep Kickback



Tricep Extension



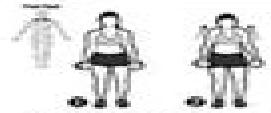
Alternating Front Raise



Side Raise



Shoulder Press



Shoulder Shrug



Wrist Curl



Dumbbell Pullover



Bench Press



Incline Bench Press



Chest Fly



Reverse Fly

CORE



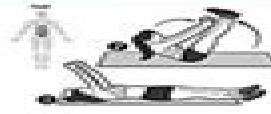
Side Bend



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



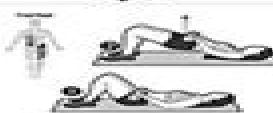
Sumo Squat



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Reverse Lunge



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Calf Raise

TOTAL BODY



Plank T



Swing



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Thruster



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Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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