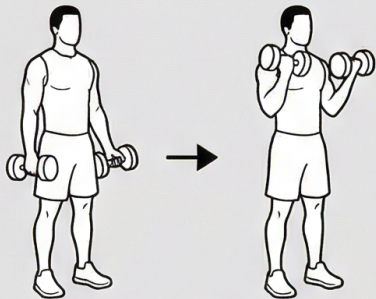
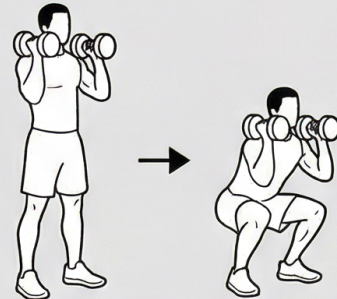


DUMBBELL FULL BODY WORKOUT

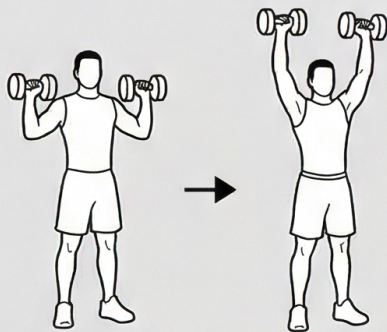
3 sets x 12 reps



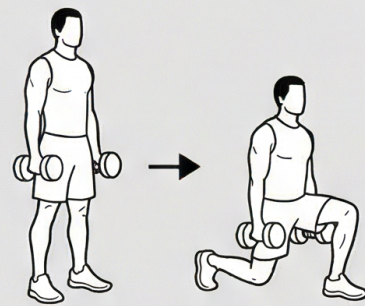
Dumbbell Bicep Curl



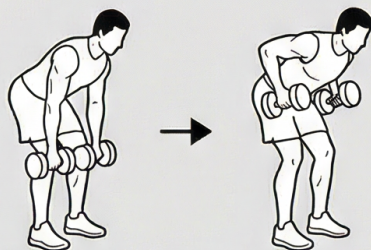
Dumbbell Squat



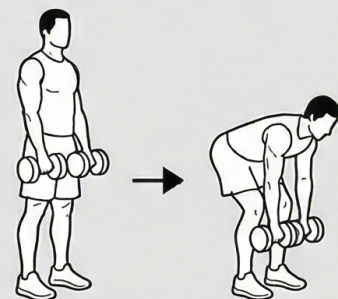
Dumbbell Shoulder Press



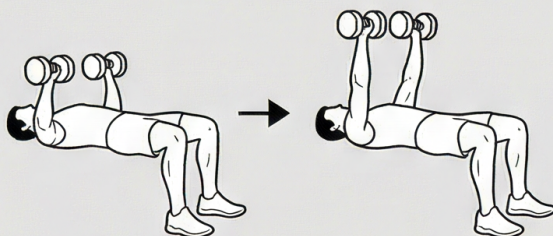
Dumbbell Lunge



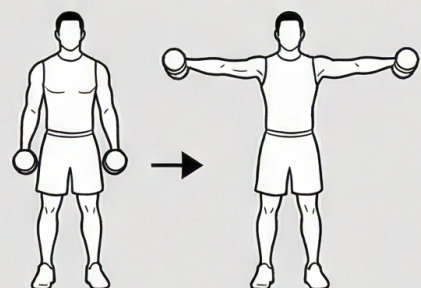
Dumbbell Bent-Over Row



Dumbbell Deadlift

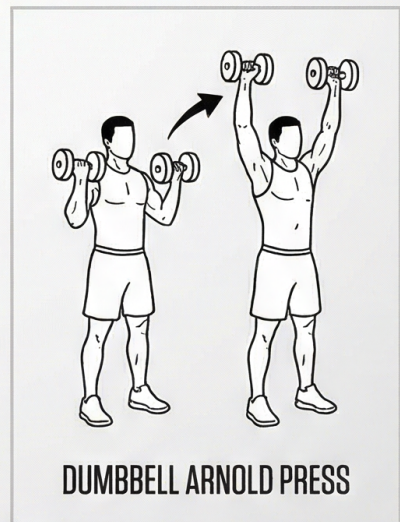
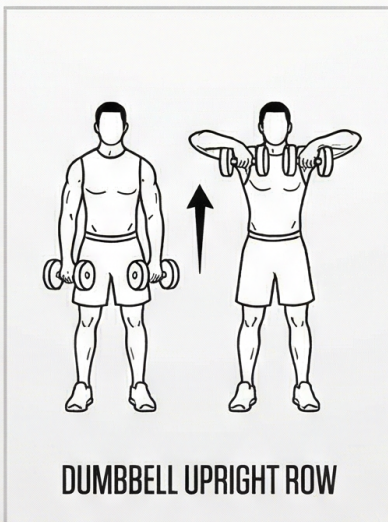
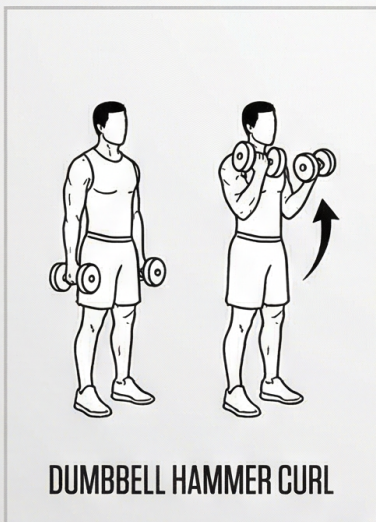
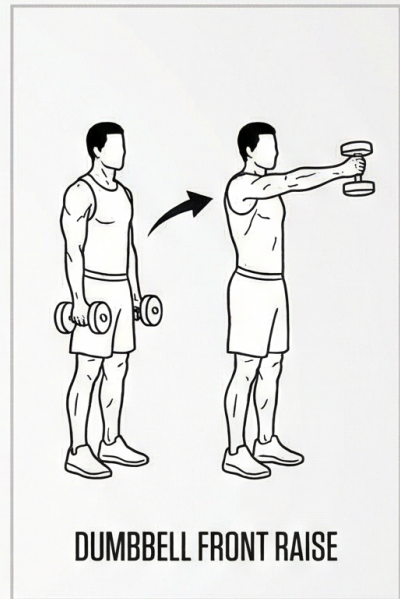
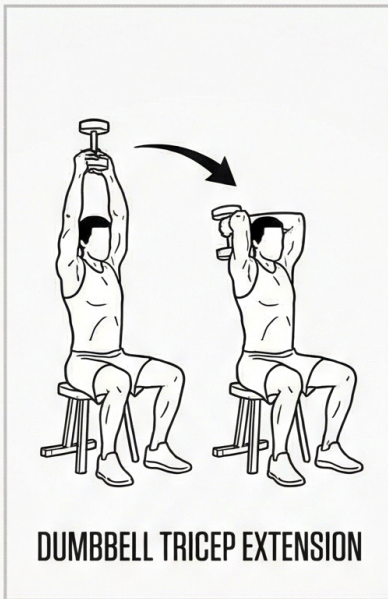
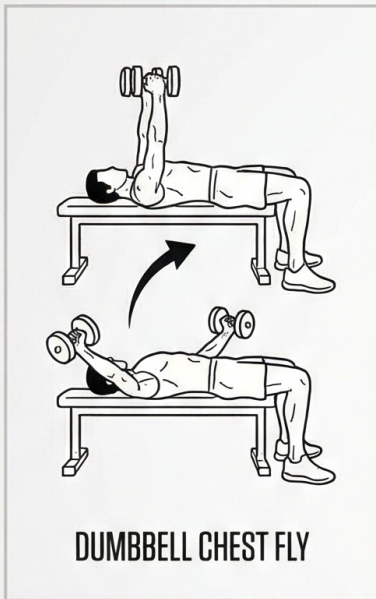


Dumbbell Chest Press



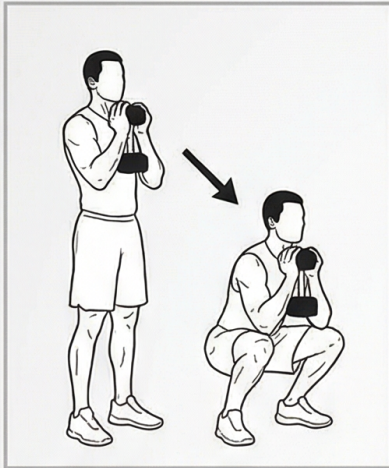
Dumbbell Lateral Raise

UPPER BODY DUMBBELL WORKOUT

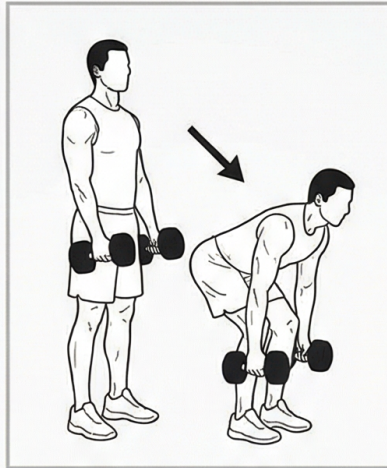


3 sets x 10-12 reps each

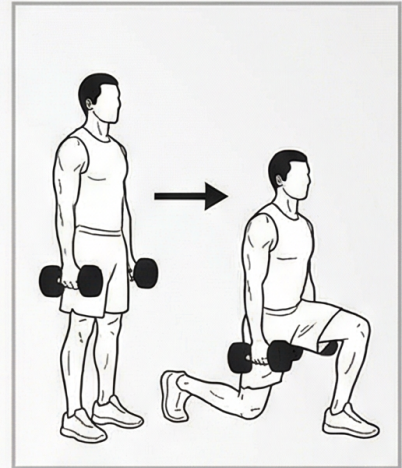
Lower Body Dumbbell Workout



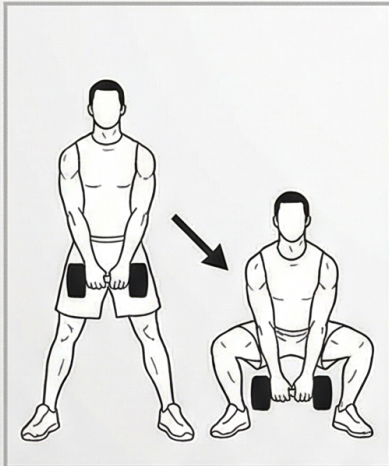
1. Dumbbell Goblet Squat



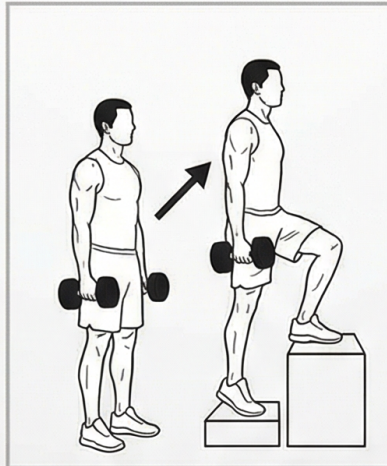
2. Dumbbell Romanian Deadlift



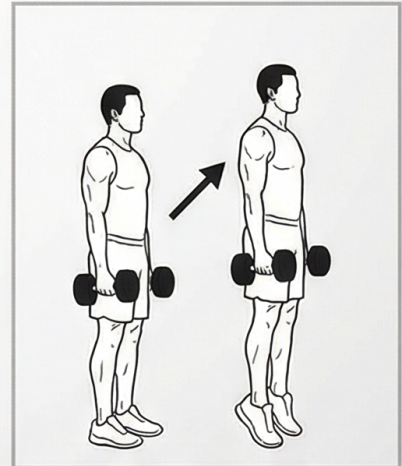
3. Dumbbell Reverse Lunge



4. Dumbbell Sumo Squat



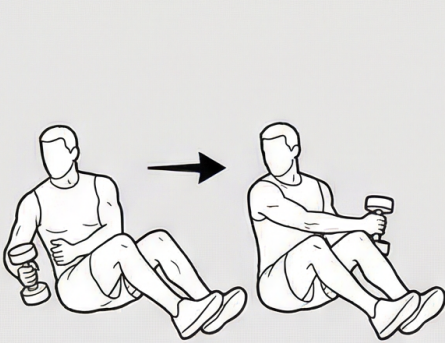
5. Dumbbell Step-Up



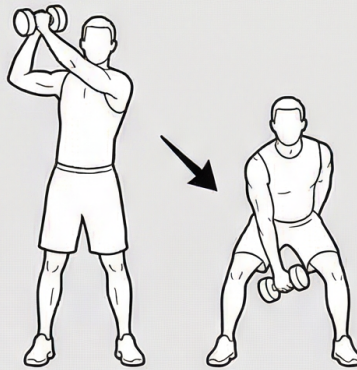
6. Dumbbell Calf Raise

4 sets x 15 reps each

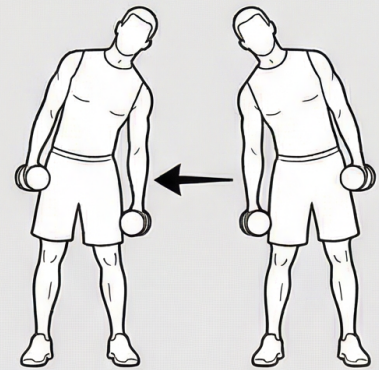
DUMBBELL CORE & ABS WORKOUT



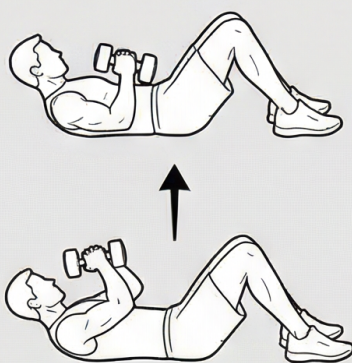
Dumbbell Russian Twist



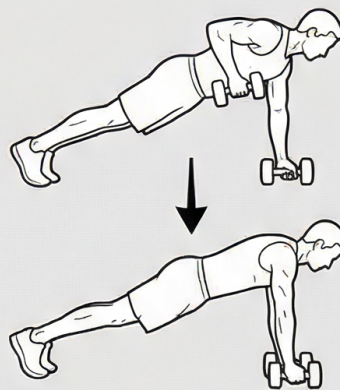
Dumbbell Woodchop



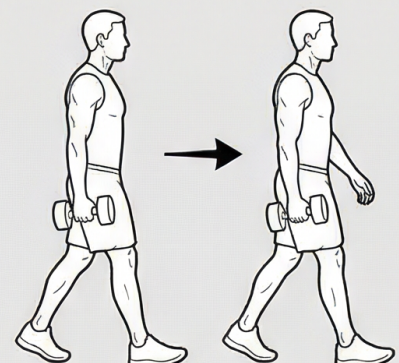
Dumbbell Side Bend



Dumbbell Crunch



Dumbbell Plank Row



Dumbbell Suitcase Carry

3 sets x 15 reps each side