

DUMBBELL

Workouts



UPPER BODY

<p>Bench Press</p>	<p>Chest Fly</p>	<p>Incline Bench Press</p>	<p>Crush Press</p>	<p>Tricep Extension</p>
<p>Skull Crusher</p>	<p>Tricep Kickback</p>	<p>Concentration Curl</p>	<p>Hammer Curl</p>	<p>Shoulder Press</p>
<p>Lateral Raise</p>	<p>Shoulder Shrug</p>	<p>Upright Row</p>	<p>Front Lat Raise</p>	<p>Bent-Over Reverse Fly</p>

BACK

<p>One-Arm Row</p>	<p>Bent-Over Row</p>	<p>Lat Pullover</p>	<p>Floor T Raise</p>	<p>Renegade Row</p>
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CORE

<p>Russian Twist</p>	<p>V-Up</p>	<p>Alternating Crossover</p>	<p>Side Bend</p>	<p>V-Sit Cross Jab</p>
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LOWER BODY

<p>Glute Bridge</p>	<p>Donkey Kicks</p>	<p>Sumo Squat</p>	<p>Step-Up</p>	<p>Single-Leg Deadlift</p>
<p>Reverse Lunge</p>	<p>Single-Leg Split Squat</p>	<p>Squat</p>	<p>Romanian Deadlift</p>	<p>Calf raise</p>

TOTAL BODY

<p>Swing</p>	<p>Thruster</p>	<p>Woodchop</p>	<p>T-Plank</p>	<p>Bear Crawl</p>
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