

Dumbbell & Core Workout



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|------------|----------------------|--------------------|---------------------------|-----------------------------|----------------------|
| Full Body | Squat to Upright Row | Push Press | Deadlift | Push Up to Row | Squat Curl Press |
| | Upright Row | Lateral Raise | Strait Arm Raise | Standing Shoulder Press | Standing Front Raise |
| | Flat Chest Press | Chest Fly | Decline Chest Press | Shrugs | Single Arm Press |
| | Bicep Curl | Concentration Curl | Bent Over Tricep Kickback | Tricep Extension | Arm Rotations |
| | Pullover | Bent Over Row | Single Arm Row | Pause at Top Single Arm Row | Bent Over Fly |
| Upper Body | Squats | Forward Lunge | Bench Step Up | Rear Foot Elevated Squat | Sumo Squat |
| | Core Twists | Leg Raises | Sit Ups | V-Sit | Cross Leg Crunch |
| | Side Bends | Elbow Plank | Full Plank | Dead Bug | Side Plank Rotations |
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| Back | | | | | |
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| Lower Body | | | | | |
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| Core | | | | | |
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Gym Workout Guide

Scott C. Dulebohn



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