

Dumbbell & Core Workout



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
Back					
Lower Body					
Core					

Gym Workout Guide

DJ Losen



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