

DUMBBELL EXERCISE CHART



01 FARMER'S WALK
Pick up the heaviest dumbbells you can carry and walk forward for 30 seconds. Repeat 3 times.



02 LATERAL RAISE
Stand with feet shoulder-width apart. Lift dumbbells out to the sides at shoulder height. Repeat 15 times.



03 BENT-OVER REVERSE FLY
Bend over at the hips, keeping your back straight. Lift dumbbells out to the sides behind your back. Repeat 15 times.



04 DUMBBELL SHRUG
Stand with feet shoulder-width apart. Lift dumbbells up towards your ears. Repeat 15 times.



05 BOTTOM-UP KETTLEBELL PRESS
Stand with feet shoulder-width apart. Lift a kettlebell from the floor up to your head. Repeat 15 times.



06 PUSH PRESS
Stand with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



07 MILITARY PRESS
Stand with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



08 SNATCH-GRASP SHRUG
Stand with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



09 KNEELING PRESS
Kneel with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



10 SNATCH-GRASP HIGH PULL
Stand with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



11 NEUTRAL-GRASP FLOOR PRESS
Lie on your back with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



12 LAXING PRESS
Stand with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



13 BENCH PRESS
Lie on your back with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



14 INCLINE BENCH PRESS
Lie on your back with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



15 BULLSEYE PRESS
Lie on your back with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



16 SUSPENSION PUSH-UP
In a push-up position with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



17 INCLINE FLY
Lie on your back with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



18 TRICEPS DIP
In a dip position with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



19 DECLINE PUSH-UP
In a push-up position with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



20 BENCH BALL PUSH-UP
In a push-up position with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



21 PULL-UP
Hang from a pull-up bar with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



22 OUTRAGE DEADLIFT
Stand with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



23 MEADOWS ROW
In a rowing position with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



24 SINGLE-ARM ROW
In a rowing position with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



25 BENT-OVER ROW
Bend over at the hips, keeping your back straight. Lift a barbell from the floor up to your head. Repeat 15 times.



26 LAXING ROW
Stand with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



27 BACKING
Lie on your back with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



28 INVERTED ROW
In an inverted rowing position with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



29 CHIN-UP
Hang from a chin-up bar with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.



30 WIDE-GRASP PULL-UP
Hang from a pull-up bar with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 15 times.

Exercise Dumbbells Manual

Didier Musso



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Enjoying the Melody of Term: An Emotional Symphony within **Exercise Dumbbells Manual**

In a global used by screens and the ceaseless chatter of instantaneous conversation, the melodic beauty and psychological symphony produced by the written word frequently disappear into the back ground, eclipsed by the relentless sound and disturbances that permeate our lives. Nevertheless, nestled within the pages of **Exercise Dumbbells Manual** a marvelous literary prize filled with organic thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, that fascinating masterpiece conducts readers on a mental journey, well unraveling the hidden songs and profound affect resonating within each carefully constructed phrase. Within the depths with this moving review, we can investigate the book is key harmonies, analyze their enthralling writing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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