

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 a dumbbell from the floor to shoulder height with one arm, then the other.



03 BENT-OVER REVERSE FLY
Bend over at the hips, keeping your back straight. Lift a dumbbell from the floor to shoulder height with both arms.



04 DUMBBELL SHRUG
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other.



05 BOTTOM-UP KETTLEBELL PRESS
Stand with feet shoulder-width apart. Lift a kettlebell from the floor to shoulder height with one arm, then the other.



06 PUSH PRESS
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other.



07 MILITARY PRESS
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other.



08 SNATCH-GRASP SHRUG
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other.



09 KNEELING PRESS
Kneel with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other.



10 SNATCH-GRASP HIGH PULL
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other.



11 NEUTRAL-GRASP FLOOR PRESS
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other.



12 LATERAL PRESS
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other.



13 BENCH PRESS
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other.



14 INCLINE BENCH PRESS
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other.



15 BULLSEYE PRESS
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other.



16 SUSPENSION PUSH-UP
In a push-up position, lift a dumbbell from the floor to shoulder height with one arm, then the other.



17 INCLINE FLY
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other.



18 TRICEPS DIP
In a dip position, lift a dumbbell from the floor to shoulder height with one arm, then the other.



19 DECLINE PUSH-UP
In a push-up position, lift a dumbbell from the floor to shoulder height with one arm, then the other.



20 BENCH BALL PUSH-UP
In a push-up position, lift a dumbbell from the floor to shoulder height with one arm, then the other.



21 PULL-UP
Hang from a pull-up bar with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other.



22 OUTRAGE DEADLIFT
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other.



23 MEADOWS ROW
In a rowing position, lift a dumbbell from the floor to shoulder height with one arm, then the other.



24 SINGLE-ARM ROW
In a rowing position, lift a dumbbell from the floor to shoulder height with one arm, then the other.



25 BENT-OVER ROW
In a rowing position, lift a dumbbell from the floor to shoulder height with one arm, then the other.



26 LATERAL ROW
In a rowing position, lift a dumbbell from the floor to shoulder height with one arm, then the other.



27 BACKING
In a rowing position, lift a dumbbell from the floor to shoulder height with one arm, then the other.



28 INVERTED ROW
In a rowing position, lift a dumbbell from the floor to shoulder height with one arm, then the other.



29 CHIN-UP
Hang from a chin-up bar with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other.



30 WIDE-GRASP PULL-UP
Hang from a pull-up bar with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other.

Exercise Dumbbells Manual

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