

Dumbbell & Core Workout

MyFitLife

Full body

Squat to Upright Row



Push Press



Deadlift



Push Up to Row



Squat Curl Press



Upright Row



Lateral Raise



Straight 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 Rows



Single Arm Row



Pause at Top Single Arm Row



Bent Over Fly



Squats



Forward Lunge



Bench Step Up



Rear Foot Elevated Squat



Sumo Squat



Knee Tucks



Leg Raises



Sit Ups



V-Sits



Cross Leg Crunch



Side Bends



Elbow Plank



Full Plank



Dead Bug



Side Plank Rotations



Upper Body

Back

Lower Body

Core

Home Exercise Guide

Annelies Wilder-Smith



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