

# DUMBBELL EXERCISES CHART



**NEUTRAL-GRIP FLOOR PRESS**



**LANDMINE PRESS**



**BENCH PRESS**



**INCLINE BENCH PRESS**



**BENT-OVER ROW**



**SINGLE-ARM ROW**



**BATWING**



**GUILLOTINE PRESS**



**INCLINE FLYE**



**DUMBBELL SHRUG**



**BOTTOM-UP KETTLEBELL PRESS**



**BENT-OVER REVERSE FLYE**