


DUMBBELL WORKOUT CHART

A-BLOCK

Goblet Squat
3 x 10-12 reps



Prone Hamstring Raise
3 x 10-12 reps
Each leg



Side Glute Bridge
3 x 10-12 reps
Each side



A-BLOCK

Bench Press
3 x 10-12 reps



SA Bent Over Row
3 x 10-12 reps
Each arm



Alternating Bicep Curl
3 x 10-12 reps
Each arm



A-BLOCK

Deadlift
3 x 10-12 reps



Sit-up
3 x 10-12 reps



Good Mornings
3 x 10-12 reps



A-BLOCK

Shoulder Press
3 x 10-12 reps



Bent Over Row
3 x 10-12 reps




Standing Zottman Curl
3 x 10-12 reps
Twist wrist on way down




B-BLOCK

Bulgarian Squat
3 x 10-12 reps
Each leg



KB Swing
3 x 10-12 reps




Supine Bent Knee Rotation
3 x 10-12 reps
each way




B-BLOCK


Seated SA Alt Shoulder Press
3 x 10-12 reps
Each arm



Prone Row Iso
3 x 10-12 reps
3 second hold




Lying Tricep Extension
3 x 10-12 reps



B-BLOCK

Split Squat
3 x 10-12 reps
Each leg



Supine Leg Thrust
3 x 10-12 reps




SL Contralateral RDL
3 x 10-12 reps
Each leg



B-BLOCK


SA Bench Press
3 x 10-12 reps
Do all reps on one arm.



Bent Over Reverse Fly
3 x 10-12 reps



JM Press
3 x 10-12 reps



C-BLOCK

Forward Lunge
3 x 10-12 reps
Each leg



Short Supine Bridge
3 x 20 secs
Each leg



RDL
3 x 10-12 reps



C-BLOCK

Curl to Arnold Press
3 x 10-12 reps



Renegade Row
3 x 10-12 reps
Row both arms after each push-up




Alternating V-up
3 x 10-12 reps
per leg



C-BLOCK

Walking Lunge
3 x 10-12 reps
Each leg



Crunch Reach
3 x 10-12 reps




Supine Glute Bridge March
3 x 10-12 reps
Maintain the bridge while extending your legs.



C-BLOCK

Floor Press
3 x 10-12 reps



Seated Shrug
3 x 10-12 reps



Farmers Walk
3 x 30 yards

