

SHOULDERS



REAR SHOULDER FLY



SHOULDER PRESS



SHOULDER FLY



UPRIGHT ROW



SHOULDER SHRUG

CHEST



PUSHUP



BENCH PRESS



INCLINE FLY



INCLINE PRESS



DECLINE PRESS

ABS



AB LATERAL



CRUNCH SITUP



LEG RAISE

TRAINING PROGRAM #1 TOTAL BODY ROUTINE

Triset A (Chest/Back/Abs):

Pushup or Incline Bench Press
3 sets x10-12 reps (no rest)
One Arm Dumbbell Row (no rest)
Crunch
3 sets x25-40 reps (1 minute rest)

Triset B (Delts/Biceps/Triceps):

Dumbbell Upright Row
3 sets x10-12 reps (no rest)
Dumbbell Curl
3 sets x10-12 reps (no rest)
Overhead Tricep Extension
3 sets x10-12 reps (1 minute rest)

Triset C (Thighs/Hamstrings/Calves):

Squat
3 sets x10-12 reps (no rest)
Stiff Legged Deadlift
3 sets x10-12 reps (no rest)
One Leg Calf Raise
3 sets x10-12 reps (1 minute rest)

Notes: Move to Triset B after you have completed 3 sets of Triset A. Move to Triset C after you have completed 3 sets of Triset B. Precede each set with at least one set of light weight, high rep warm-ups. Rest 1-2 days between workouts. Add cardio on days off.

BACK



DEAD LIFT



ONE ARM ROW



CHIN UP



ISOLATION ROW

TRAINING PROGRAM #2 SPLIT ROUTINE

Upper Body

70 Degree Incline Press
Flat Bench Press
Incline Fly
One Arm Row
Isolation Row
Shoulder Fly
Dumbbell Curl
Incline Curl
Tricep Kickback
Tricep Extension
Wrist Curl

Lower Body

Squat
Lunge
Leg Extension
Stiff Legged Deadlift
Leg Curl
Calf Raise
Situp
Ab Lateral
Leg Raise

Notes: Perform 2 sets of each exercise for 10-12 reps. Move up to 3 sets after 4 weeks. At 2 sets per exercise the routine lasts 45 minutes if you rest 1 minute in between sets. At 3 sets it lasts 60 minutes.

Disclaimer: These routines are intended to be only guidelines for dumbbell workouts and not a complete workout program. Please consult with a Fitness Professional if there is any doubt as to how to perform any exercises.

ARMS



PREACHER CURL



BAR DIP



TRICEP EXTENSION



TRICEP KICK BACK



E-Z BAR CURL



CURL

LEGS



LEG CURL



LEG EXTENSION



LUNGE



SQUAT



CALF RAISE

DUMBBELL & SUPER BENCH EXERCISES