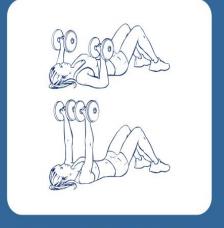
# DUMBBELL WORKOUT CHART ESTEED WERKOUT CHART

#### **Dumbbell Floor Chest Press**



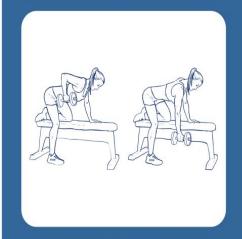
2 sets 12 reps 45 sec rest

#### **Dumbbell Squats**



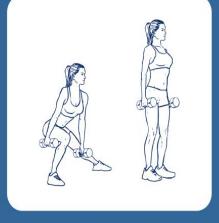
2 sets 12 reps 45 sec rest

## Single Arm Dumbbell Bench Rows



2 sets 12 reps 45 sec rest

## **Dumbbell Lateral Lunges**



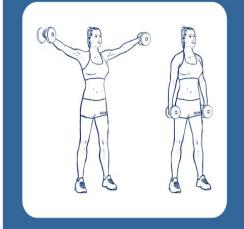
2 sets 12 reps 30 sec rest

**Dumbbell Deadlifts** 



2 sets 12 reps 45 sec rest

**Lateral Shoulder Dumbbell Raises** 



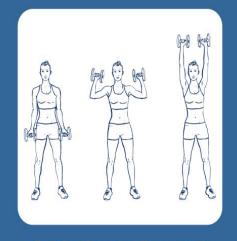
2 sets 10 reps 45 sec rest

## **Dumbbell Lunges**



2 sets 12 reps 45 sec rest

**Dumbbell Biceps Curl to Shoulder Press** 



2 sets 12 reps 45 sec rest

## **Double Arm Tricep Kickbacks**



2 sets 12 reps 45 sec rest