DUMBBELL WORKOUT CHART

CIRCUIT: REPEAT 2-3 TIMES

Exercise	Duration	Notes
Weighted Squats	30 sec	
Calf Raises	30 sec	
Bicep Curls	30 sec	
Tricep Extensions	30 sec	
Overhead Press	30 sec	
Lateral Raise	30 sec	
Lunge Rows (Right Leg Forward)	30 sec	
Lunge Rows (Left Leg Forward)	30 sec	
Chest Press	30 sec	
Weighted Russian Twist	30 sec	
Rest	30-60 sec	

PROGRESS

Date	Waist Measurement	Chest Measurement	Hip Measurement	Thigh Measurement	Arm (Bicep) Measurement