

Dumbbell & Bodyweight

CIRCUIT WORKOUT

This dumbbell workout is comprised of 10 exercises to really work your entire body from head to toe. Keep rest between exercises to a minimum, and perform each circuit 3x per training day.



SET 1



Dumbbell Curls
10 Reps



Overhead Presses
10 Reps



Tricep Kickbacks
10 Reps



1 Stiff Leg Deadlifts
10 Reps



Dumbbell Lunges
10 Reps

SET 2



Push Ups
10 Reps



Burpees
10 Reps



Jump Squats
10 Reps



Mountain Climbers
10 Reps



Side Plank
60 Seconds

Workouts For DummiesR

Shasha Hu



Workouts For DummiesR:

Decoding **Workouts For DummiesR**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Workouts For DummiesR**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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