

DUMBBELL WORKOUTS

UPPER BODY



Hammer Curl



Grip Curl



Concentration Curl



Tricep Kickback



Tricep Extension



Alternating Front Raise



Side Raise



Shoulder Press



Shoulder Shrug



Wrist Curl



Dumbbell Pullover



Bench Press



Incline Bench Press



Chest Fly



Reverse Fly

CORE



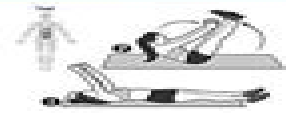
Side Bend



Bow Extension



Russian Twist



V-Up



V-Sit Cross Jab

BACK



Single Arm Row



Incline Row



Floor T Raise



Renegade Row



Seesaw Row

LOWER BODY



Squat



Goblet Squat



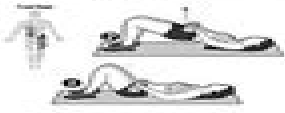
Sumo Squat



Jump Squat



Romanian Deadlift



Glute Bridge



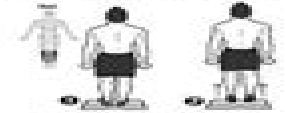
Reverse Lunge



Side Lunge



Step-Up



Calf Raise

TOTAL BODY



Plank T



Swing



Farmer's Walk



Thruster



Woodchop

Body Building Guide Chart

Lingjun Ying

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