

Dumbbell Workout

Total Body	Wood Chop A	Plank T B	Swing C	Upper Body	Tricep Kickback D	Tricep Extension E
	Shoulder Press F	Side Raise G	Front Raise H		Wrist Curl I	Upright Row J
Upper Body	Chest Press K	Chest Fly L	Skull Crusher M	Concentration Curl N	Hammer Curl O	
Upper Body	Incline Chest Press P	Shoulder Shrug Q	Lat Pullover R	Arm Rotation S	Bow Extension T	Core
Core	Torso Twist U	Side Bend V	Russian Twist W	Half Turkish Get-Up X	Renegade Row Y	
Back	Bent-Over Row Z	Reverse Fly 1	One Arm Row 2	Lower Body	Overhead Squat 3	Dead Lift 4
	Goblet Squat 5	Lunge 6	Single Leg Dead Lift 7		Side Lunge 8	Donkey Kicks 9
Lower Body	Step-Up 10	Hip Raise 11	Calf Raises 12	Single Leg Split Squat 13	Seated Calf Raises 14	