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Exercise Tips

	Dumbbell Chest Press Lie on a flat surface or bench while holding a dumbbell in each hand at chest level. Push the dumbbells upward until your arms are fully extended, then slowly lower them back down to the starting position. Keep your core engaged and avoid arching your back.
	Dumbbell Shoulder Press Sit or stand with your feet shoulder-width apart, holding a dumbbell in each hand at shoulder height with palms facing forward. Press the dumbbells upward until your arms are fully extended, then slowly lower them back down to shoulder height. Keep your core tight and avoid leaning back.
	Dumbbell Tricep Kickback Hold a dumbbell in each hand and hinge forward slightly at the hips with a flat back. Bend your elbows to 90 degrees, keeping your upper arms close to your torso. Extend your arms straight back, squeezing your triceps, then return to the starting position.
	Dumbbell Squat Hold a single dumbbell at chest level. Stand with your feet shoulder-width apart, then lower your body by bending at the hips and knees until your thighs are parallel to the floor. Push through your heels to return to the starting position.



BEGINNER FRIENDLY



3 WORKOUTS PER WEEK FOR 4 WEEKS



FULL BODY TRANSFORMATION



ALL YOU NEED ARE DUMBBELLS

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