

DUMBBELL WORKOUTS

UPPER BODY



Hammer Curl



Grip Curl



Concentration Curl



Tricep Kickback



Tricep Extension



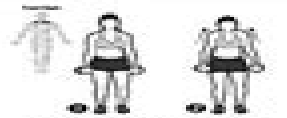
Alternating Front Raise



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



S seesaw Row

LOWER BODY



Squat



Goblet Squat



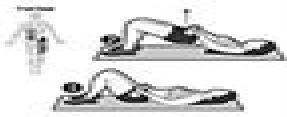
Sumo Squat



Jump Squat



Romanian Deadlift



Glute Bridge



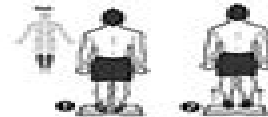
Reverse Lunge



Side Lunge



Step-Up



Calf Raise

TOTAL BODY



Plank T



Swing



Farmer's Walk



Thruster



Woodchop

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JS Bruner



Complete Beginner Guide To Home Workout Routine With Free Tools Complete:

Complete Beginner Guide To Home Workout Routine With Free Tools Complete Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Complete Beginner Guide To Home Workout Routine With Free Tools Complete**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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