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## Exercise Tips

	<b>Dumbbell Chest Press</b> 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.
	<b>Dumbbell Shoulder Press</b> 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.
	<b>Dumbbell Tricep Kickback</b> 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.
	<b>Dumbbell Squat</b> 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.



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# Report For Creators And Bloggers Complete Beginner Guide To Home Workout

**LL Leslie**



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meals have never been easier The slow cooker pressure cooker and Instant Pot meet freezer cooking in this beautifully photographed and rigorously tested cookbook It s dinnertime and yet again you re behind The kids are cranky the fridge is empty the kitchen is a mess Sound familiar That was every night at the houses of popular bloggers and cookbook authors Polly Conner and Rachel Tiemeyer until they discovered freezer cooking And once they realized that freezer meals could be made even easier with the hands free magic of the pressure cooker Instant Pot or a slow cooker dinnertime drama became a thing of the past From breakfast options like Peanut Butter Cup Steel Cut Oats and Denver Omelet Casserole to dinnertime faves such as Fiesta Lime Chicken Bowls and French Dip Grilled Cheese Sandwiches every recipe is made with recognizable whole food ingredients You ll learn how to prep and freeze bright flavorful food so that you re never more than a few minutes away from a hot homemade meal

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