

# DUMBBELL WORKOUTS

## UPPER BODY



Hammer Curl



Grip Curl



Concentration Curl



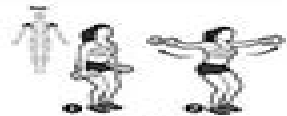
Tricep Kickback



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



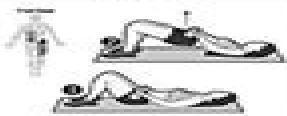
Sumo Squat



Jump Squat



Romanian Deadlift



Glute Bridge



Reverse Lunge



Side Lunge



Step-Up



Calf Raise

## TOTAL BODY



Plank T



Swing



Farmer's Walk



Thruster



Woodchop

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

**G Thomas**



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