

DUMBBELL WORKOUT CHART



ALTERNATING DUMBBELL CURL



ALTERNATING FRONT RAISE



ARNOLD PRESS



BENT OVER ROW



BICEPS CURL



CONCENTRATION CURL



SCAPTION



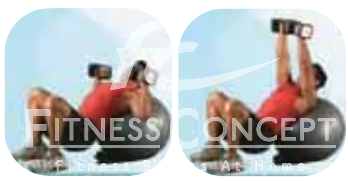
BALL BRIDGE WITH RESISTANCE



CHEST PRESS



FRENCH PRESS



INCLINE CHEST PRESS



ONE ARM ROW



OVERHEAD EXTENSION



OVERHEAD PULLOVER



SEATED BICEP CURLS



SEATED CALF RAISE



SEATED FRONT RAISE



SEATED HAMMER CURL



SEATED LATERAL RAISE



SEATED ROW



SEATED SHOULDER PRESS



TRICEPS KICKBACK



FRENCH PRESS



HAMMER CURL



LATERAL RAISE



LUNGE TO BALANCE



LUNGE WITH OVERHEAD PRESS



ONE ARM ROW



ONE LEGGED CALF RAISE



OVERHEAD EXTENSION



REVERSE CURL



REVERSE FLY



REVERSE LUNGE TO BICEPS CURL



SHOULDER PRESS



SHOULDER RAISE COMBO



SQUAT TO SHOULDER PRESS



SQUAT WITH LATERAL RAISE



SQUAT WITH UPRIGHT ROW



SQUATS



STANDING CALF RAISE



STRAIGHT LEG DEADLIFT



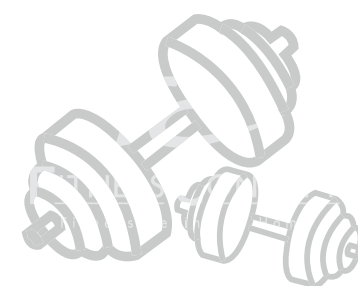
TRICEPS EXTENSION WITH CALF RAISE



TRICEPS KICKBACK



TWO WAY LUNGE



For more exercise, visit www.ifit.com

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As with any exercise program, consult your physician before you begin.