





Dumbbells

Exercise	Sets	Reps	Picture	Notes
Goblet Squat	2-3	10-15		Hold the DB in the middle of the chest, squat down and then squat back up. Make sure to keep the core and glute muscles engaged throughout. Do not let the knees cave in.
DB Bench Press	2-3	10-15		Keeping the shoulders down and back, press the weight up and then lower down with control. Tuck the elbows in slightly when pressing and do not let the shoulders ride up. This should be felt in the pecs (not shoulders).
Single Arm DB Row	2-3	10-15		Face the ground bent-over with a straight back, bracing the core and maintaining good posture. Rest the hand and knee on the bench for support, and pull the weight up to the body with the other hand.
Alternating Leg Kickout	2-3	Failure		Lie on the back with the knees up above the hips. Brace the core tightly and push the lower back into the ground. Kick back and forth with alternating legs in a controlled manner.

Notes

Frequency: 2x per week with at least 1 day of rest in between
 Intensity: Perform each set to failure (as many reps as possible) or until form breaks down
 Perform all sets of an exercise before moving to the next
 Rest 1-2 minutes between sets or until the muscles feel recovered
 Progression: Increase the difficulty or rep range of the exercise once the rep range is exceeded on any set



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