

Home Gym Dumbbell Training Program

Two plate-loading dumbbells with a selection of plates and a flat bench are the only pieces of equipment needed for this training program. Use enough weight so that the last rep of each exercise is fairly difficult. Perform the exercises in the order shown. Do 1, 2 or 3 sets of each exercise, depending on how long and hard a workout you want.

Days per week: M-W-F or T-Th-Sat.

exercises	sets	reps	exercises	sets	reps
1  <i>p. 193 middle</i>	1	10 to 15	9  <i>p. 300 top</i>	1-3	10 to 12 per set
2  <i>p. 190 top</i>	1	15 to 50	10  <i>p. 302 bottom</i>	1-3	10 to 12 per set
3  <i>p. 191 bottom</i>	1	15 to 50 ca. side	11  <i>p. 218 middle</i>	1-3	10 to 12 per set
4  <i>p. 196 bottom</i>	1	15 to 50	12  <i>p. 218 top</i>	1-3	10 to 12 per set
5  <i>p. 248 top</i>	1-3	10 to 12 per set	13  <i>p. 258 top</i>	1-3	15 to 20 per set
6  <i>p. 250 top</i>	1-3	10 to 12 per set	14  <i>p. 290 bottom</i>	1-3	10 per set ca. leg
7  <i>p. 204 middle</i>	1-3	10 to 12 per set	15  <i>p. 290 middle</i>	1-3	10 per set ca. leg
8  <i>p. 275 bottom</i>	1-3	10 to 12 per set	16  <i>p. 236 middle</i>	1-3	15 to 20 per set ca. leg

What Is Home Workout Step Plan For Beginners

Peipei Pang



What Is Home Workout Step Plan For Beginners:

Whispering the Techniques of Language: An Psychological Quest through **What Is Home Workout Step Plan For Beginners**

In a digitally-driven world wherever monitors reign supreme and instant interaction drowns out the subtleties of language, the profound secrets and emotional nuances concealed within phrases frequently get unheard. Yet, located within the pages of **What Is Home Workout Step Plan For Beginners** a captivating literary prize pulsing with raw emotions, lies an exceptional journey waiting to be undertaken. Written by a talented wordsmith, this marvelous opus attracts visitors on an introspective journey, softly unraveling the veiled truths and profound impact resonating within ab muscles cloth of each and every word. Within the psychological depths of the emotional review, we shall embark upon a heartfelt exploration of the book is primary styles, dissect their interesting publishing type, and yield to the strong resonance it evokes deep within the recesses of readers hearts.

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