

FULL-BODY DUMBBELL ROUTINE



Squats
4 x 12



Lunges
4 x 15



Deadlift
4 x 8



Row
4 x 10



Shoulder Press
4 x 10



Lateral Raises
4 x 12



Skull Crusher
4 x 10



Biceps Curl
4 x 12

Top Method For Home Workout

Julia Schneider



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