

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

How To Start Home Workout Step Plan

CH Cherryholmes



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Table of Contents How To Start Home Workout Step Plan

1. Understanding the eBook How To Start Home Workout Step Plan
 - The Rise of Digital Reading How To Start Home Workout Step Plan
 - Advantages of eBooks Over Traditional Books
2. Identifying How To Start Home Workout Step Plan
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an How To Start Home Workout Step Plan
 - User-Friendly Interface
4. Exploring eBook Recommendations from How To Start Home Workout Step Plan
 - Personalized Recommendations
 - How To Start Home Workout Step Plan User Reviews and Ratings
 - How To Start Home Workout Step Plan and Bestseller Lists
5. Accessing How To Start Home Workout Step Plan Free and Paid eBooks
 - How To Start Home Workout Step Plan Public Domain eBooks
 - How To Start Home Workout Step Plan eBook Subscription Services
 - How To Start Home Workout Step Plan Budget-Friendly Options

6. Navigating How To Start Home Workout Step Plan eBook Formats
 - ePub, PDF, MOBI, and More
 - How To Start Home Workout Step Plan Compatibility with Devices
 - How To Start Home Workout Step Plan Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of How To Start Home Workout Step Plan
 - Highlighting and Note-Taking How To Start Home Workout Step Plan
 - Interactive Elements How To Start Home Workout Step Plan
8. Staying Engaged with How To Start Home Workout Step Plan
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers How To Start Home Workout Step Plan
9. Balancing eBooks and Physical Books How To Start Home Workout Step Plan
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection How To Start Home Workout Step Plan
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine How To Start Home Workout Step Plan
 - Setting Reading Goals How To Start Home Workout Step Plan
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of How To Start Home Workout Step Plan
 - Fact-Checking eBook Content of How To Start Home Workout Step Plan
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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