

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 Home Workout Step Plan For Beginners

CH Cherryholmes



How To Home Workout Step Plan For Beginners:

This book delves into How To Home Workout Step Plan For Beginners. How To Home Workout Step Plan For Beginners is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into How To Home Workout Step Plan For Beginners, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to How To Home Workout Step Plan For Beginners
 - Chapter 2: Essential Elements of How To Home Workout Step Plan For Beginners
 - Chapter 3: How To Home Workout Step Plan For Beginners in Everyday Life
 - Chapter 4: How To Home Workout Step Plan For Beginners in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of How To Home Workout Step Plan For Beginners. The first chapter will explore what How To Home Workout Step Plan For Beginners is, why How To Home Workout Step Plan For Beginners is vital, and how to effectively learn about How To Home Workout Step Plan For Beginners.
 3. In chapter 2, the author will delve into the foundational concepts of How To Home Workout Step Plan For Beginners. This chapter will elucidate the essential principles that need to be understood to grasp How To Home Workout Step Plan For Beginners in its entirety.
 4. In chapter 3, the author will examine the practical applications of How To Home Workout Step Plan For Beginners in daily life. This chapter will showcase real-world examples of how How To Home Workout Step Plan For Beginners can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of How To Home Workout Step Plan For Beginners in specific contexts. This chapter will explore how How To Home Workout Step Plan For Beginners is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about How To Home Workout Step Plan For Beginners. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of How To Home Workout Step Plan For Beginners.

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