

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 |

Affordable Home Workout Step Plan For Beginners

ML Yell



Affordable Home Workout Step Plan For Beginners:

Embracing the Melody of Expression: An Emotional Symphony within **Affordable Home Workout Step Plan For Beginners**

In a global used by screens and the ceaseless chatter of immediate connection, the melodic beauty and emotional symphony created by the written term usually fade in to the back ground, eclipsed by the persistent sound and disruptions that permeate our lives. But, situated within the pages of **Affordable Home Workout Step Plan For Beginners** a stunning fictional value brimming with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, this interesting masterpiece conducts readers on an emotional trip, skillfully unraveling the concealed songs and profound influence resonating within each carefully crafted phrase. Within the depths of the touching assessment, we will investigate the book is key harmonies, analyze its enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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