

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

# Pro Home Workout Step Plan For Workers

**United States. Congress. Senate.  
Committee on Health, Education,  
Labor, and Pensions**

## **Pro Home Workout Step Plan For Workers:**

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