

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

Expert Home Workout Step Plan

RD Boyd



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Women's Home Workout Bible Brad Schoenfeld, 2010 Millions of women have discovered the benefits of home fitness and female consumers spend millions annually on home gym equipment Working out at home can be the ideal setting for a shapeover but many women are intimidated by the concept or don't know how to make the most of their equipment In Women's Home Workout Bible fitness expert and best selling author Brad Schoenfeld makes sense of home based workouts by covering fitness routines for every training style budget and home space The full color guide includes 12 four week programs for conditioning sculpting and core stability plus three levels of fat burning cardio workouts all customizable to fit the reader's goals It also has consumer buying tips for products and guidelines for making the most of any space for a home gym Applicable to any budget the book provides plans for creating a personal gym or adding to an existing home gym on budgets of 100 500 1000 and over 2500 Women's Home Workout Bible is a fitness manual buying guide and personal trainer all in one It can help women get the body they want without leaving the house or breaking the bank

The Beginner's Blueprint: Simple Steps to Effective Weight Loss Through Macro Tracking Jhoan D. Bernabe, 2024-09-24 Are you feeling overwhelmed by the endless fitness advice and diets out there Don't know where to start on your journey to weight loss and a healthier lifestyle The Beginner's Blueprint Simple Steps to Effective Weight Loss Through Macro Tracking is the perfect solution for beginners looking for a simple and effective approach to achieving their fitness goals This guide will teach you how to track your macronutrients carbs protein and fat and show you how to tailor them to your personal needs whether you want to lose weight gain muscle or just maintain a healthy lifestyle You don't need to follow restrictive diets or cut out your favorite foods By learning how to balance your macros you can still enjoy the meals you love while seeing real results In The Beginner's Blueprint Simple Steps to Effective Weight Loss Through Macro Tracking you'll discover How to calculate your daily calorie needs and set macro goals based on your unique body type and fitness objectives Simple tips to adjust your meals to hit your daily targets without stress The importance of combining proper nutrition with exercise and sleep for maximum effectiveness Practical advice for building sustainable long term habits that work for your lifestyle Real life strategies to stay consistent and monitor your progress Whether you're new to fitness or looking for a fresh approach this book is packed with actionable steps to guide you through every phase of your weight loss journey Plus you'll learn how to adapt your meals to fit your goals and avoid the pitfalls of fad diets

Men's Health, 2008-01 Men's Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle

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