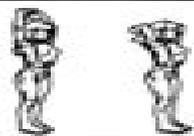


Home Gym Dumbbell Training Program

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

Advanced Home Workout Step Plan

Roman Wölfel



Advanced Home Workout Step Plan:

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

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Advanced Home Workout Step Plan
 - Chapter 2: Essential Elements of Advanced Home Workout Step Plan
 - Chapter 3: Advanced Home Workout Step Plan in Everyday Life
 - Chapter 4: Advanced Home Workout Step Plan in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Advanced Home Workout Step Plan. The first chapter will explore what Advanced Home Workout Step Plan is, why Advanced Home Workout Step Plan is vital, and how to effectively learn about Advanced Home Workout Step Plan.
 3. In chapter 2, this book will delve into the foundational concepts of Advanced Home Workout Step Plan. The second chapter will elucidate the essential principles that need to be understood to grasp Advanced Home Workout Step Plan in its entirety.
 4. In chapter 3, the author will examine the practical applications of Advanced Home Workout Step Plan in daily life. This chapter will showcase real-world examples of how Advanced Home Workout Step Plan can be effectively utilized in everyday scenarios.
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 6. In chapter 5, the author will draw a conclusion about Advanced Home Workout Step Plan. The final chapter will summarize the key points that have been discussed throughout the book.
- This 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 Advanced Home Workout Step Plan.

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