

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

# Expert Home Workout Step Plan

**DJ Losen**



## **Expert Home Workout Step Plan:**

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

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

**Training Drivers Through High School and Home Cooperation** Chicago Motor Club. Safety and Traffic Engineering Department, 1945

**System** Arch Wilkinson Shaw, 1926

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Republic ,1928      **American Illustrated Magazine** ,1926      Literary Digest: a Repository of Contemporaneous Thought and Research as Presented in the Periodical Literature of the World Edward Jewitt Wheeler, Isaac Kaufman Funk, William Seaver Woods,1918      *Building Age and National Builder* ,1926      **Technical World Magazine** ,1920      American Builder ,1923

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