

DUMBBELL WORKOUTS

UPPER BODY



Hammer Curl



Grip Curl



Concentration Curl



Tricep Kickback



Tricep Extension



Alternating Front Raise



Side Raise



Shoulder Press



Shoulder Shrug



Wrist Curl



Dumbbell Pullover



Bench Press



Incline Bench Press



Chest Fly



Reverse Fly

CORE



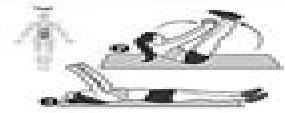
Side Bend



Bow Extension



Russian Twist



V-Up



V-Sit Cross Jab

BACK



Single Arm Row



Incline Row



Floor T Raise



Renegade Row



Seesaw Row

LOWER BODY



Squat



Goblet Squat



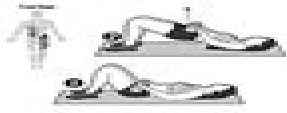
Sumo Squat



Jump Squat



Romanian Deadlift



Glute Bridge



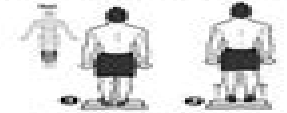
Reverse Lunge



Side Lunge



Step-Up



Calf Raise

TOTAL BODY



Plank T



Swing



Farmer's Walk



Thruster



Woodchop

Body Building Guide Chart

Ian Pickup



Body Building Guide Chart:

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In a world inundated with monitors and the cacophony of immediate interaction, the profound power and psychological resonance of verbal beauty frequently disappear in to obscurity, eclipsed by the constant barrage of sound and distractions. However, situated within the lyrical pages of **Body Building Guide Chart**, a charming work of literary brilliance that pulses with natural thoughts, lies an unique journey waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that mesmerizing opus courses readers on a psychological odyssey, lightly exposing the latent potential and profound affect stuck within the complicated web of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is central subjects, dissect their captivating publishing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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