

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



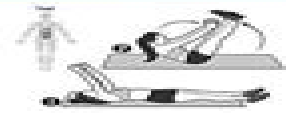
Side Bend



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



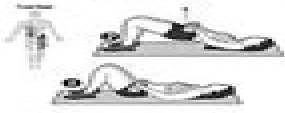
Sumo Squat



Jump Squat



Romanian Deadlift



Glute Bridge



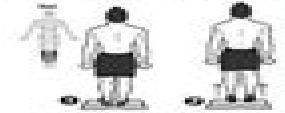
Reverse Lunge



Side Lunge



Step-Up



Calf Raise

TOTAL BODY



Plank T



Swing



Farmer's Walk



Thruster



Woodchop

Body Building Guide Chart

Kris Gethin

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Body Building Guide Chart:

The Bodybuilding.com Guide to Your Best Body Kris Gethin, 2013-03-26 From the world's leading online fitness site Bodybuilding.com comes a revolutionary twelve week diet and exercise program for every body type illustrated throughout with full color photographs and before and after pictures **Make Your Dream Body A Reality** From the world's leading online fitness site Bodybuilding.com comes a revolutionary 12 week diet and exercise program supported by two million members and thousands of real life success stories The Bodybuilding.com Guide to Your Best Body presents a plan that promotes health from the inside out starting first with the mental blocks that are holding you back progressing to the muscles on your body and finally to the food on your plate Rather than subtracting things from your life cutting calories losing weight banishing your belly here's how to add more of the RIGHT things more muscle more support and more success On this plan you will GET AND STAY MOTIVATED Identify your Transformation Trigger and create a system of radical accountability in your life whether your goal is to lose 30 pounds of fat or gain 30 pounds of muscle EXERCISE FOR OPTIMUM RESULTS with a fully illustrated 3 stage exercise routine By changing your routine often you will shock your body into doing more than you ever thought you could EAT CLEAN TO GET LEAN with simple inexpensive and delicious recipes Supercharge your metabolism and keep hunger under control With this book you'll learn the optimal balance of weight training cardiovascular exercise and nutrition that have helped people achieve dramatic lasting results Join the Transformation Nation and create your own story that will inspire others with The Bodybuilding.com Guide to Your Best Body

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