

# DUMBBELL EXERCISE CHART



**01 FARMER'S WALK**  
Pick up the heaviest dumbbells you can carry and walk forward for 30 seconds. Repeat 3 times.



**02 LATERAL RAISE**  
Stand with feet shoulder-width apart. Lift dumbbells out to the sides at shoulder height. Repeat 10 times.



**03 BENT-OVER REVERSE FLY**  
Bend over at the hips, keeping your back straight. Lift dumbbells out to the sides behind your back. Repeat 10 times.



**04 DUMBBELL SHRUG**  
Stand with feet shoulder-width apart. Lift dumbbells up towards your ears. Repeat 10 times.



**05 BOTTOM-UP KETTLEBELL PRESS**  
Stand with feet shoulder-width apart. Lift a kettlebell from the floor up to your head. Repeat 10 times.



**06 PUSH PRESS**  
Stand with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**07 MILITARY PRESS**  
Stand with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**08 SNATCH-GRASP SHRUG**  
Stand with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**09 KNEELING PRESS**  
Kneel with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**10 SNATCH-GRASP HIGH PULL**  
Stand with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**11 NEUTRAL-GRASP FLOOR PRESS**  
Lie on your back with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**12 LANCING PRESS**  
Stand with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**13 BENCH PRESS**  
Lie on your back with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**14 INCLINE BENCH PRESS**  
Lie on your back with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**15 BULLSEYE PRESS**  
Lie on your back with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**16 SUSPENSION PUSH-UP**  
In a push-up position with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**17 INCLINE FLY**  
Lie on your back with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**18 TRICEPS DIP**  
In a dip position with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**19 DECLINE PUSH-UP**  
In a push-up position with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**20 BENCH BALL PUSH-UP**  
In a push-up position with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**21 PULL-UP**  
Hang from a pull-up bar with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**22 OUTRAGE DEADLIFT**  
Stand with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**23 MEADOWS ROW**  
In a rowing position with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**24 SINGLE-ARM ROW**  
In a rowing position with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**25 BENT-OVER ROW**  
Bend over at the hips, keeping your back straight. Lift a barbell from the floor up to your head. Repeat 10 times.



**26 LANCING ROW**  
In a rowing position with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**27 BACKING**  
Lie on your back with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**28 INVERTED ROW**  
In a rowing position with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**29 CHIN-UP**  
Hang from a chin-up bar with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.



**30 WIDE-GRASP PULL-UP**  
Hang from a pull-up bar with feet shoulder-width apart. Lift a barbell from the floor up to your head. Repeat 10 times.

# Dumbbell Exercises Guide

**ML Morrison**

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

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## **Table of Contents Dumbbell Exercises Guide**

1. Understanding the eBook Dumbbell Exercises Guide
  - The Rise of Digital Reading Dumbbell Exercises Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Dumbbell Exercises Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Dumbbell Exercises Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Dumbbell Exercises Guide
  - Personalized Recommendations
  - Dumbbell Exercises Guide User Reviews and Ratings
  - Dumbbell Exercises Guide and Bestseller Lists
5. Accessing Dumbbell Exercises Guide Free and Paid eBooks

- Dumbbell Exercises Guide Public Domain eBooks
- Dumbbell Exercises Guide eBook Subscription Services
- Dumbbell Exercises Guide Budget-Friendly Options
- 6. Navigating Dumbbell Exercises Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Dumbbell Exercises Guide Compatibility with Devices
  - Dumbbell Exercises Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Dumbbell Exercises Guide
  - Highlighting and Note-Taking Dumbbell Exercises Guide
  - Interactive Elements Dumbbell Exercises Guide
- 8. Staying Engaged with Dumbbell Exercises Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Dumbbell Exercises Guide
- 9. Balancing eBooks and Physical Books Dumbbell Exercises Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Dumbbell Exercises Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Dumbbell Exercises Guide
  - Setting Reading Goals Dumbbell Exercises Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Dumbbell Exercises Guide
  - Fact-Checking eBook Content of Dumbbell Exercises Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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