

DUMBBELL EXERCISES

Chest Dumbbell Exer.

Flat press
Incline press different angles
Fly's flat and incline
Floor press

Lat Exer.

Latpulldowns
CSR
Seated Rows
Dumbbell Rows
Barbell Rows

Upper Back Exer.

Dumbbell Shrugs
Barbell Shrugs
CSR Shrugs

Shoulder Exer.

Overhead press
Lateral raise
Front raise
Rear Delt

Bicep Exer.

Curls
Concentration curls
Hammer curls

Triceps Exer.

Skull crushers
Overhead extensions/ one arm
Kickbacks
Cable pushdowns

Legs/Lower back

Lunges
One leg squat
Bent leg dead lifts