

# 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