

EXERCISE GUIDE

DUMBBELLS

1. Squat



Starting position



Ending position

2. Lunge



Starting position



Ending position

3. Row



Starting position



Ending position

4. Chest press



Starting position



Ending position

5. Push up



Starting position



Ending position

6. French press



Starting position



Ending position

7. Kick back



Starting position



Ending position

8. Biceps curl



Starting position



Ending position

9. Shoulder press



Starting position



Ending position

10. Shoulder raise



Starting position



Ending position