

45 Minute Dumbbell Workout

Exercise	Push/Pull	Upper/Lower	Sets	Reps	Weight
Dumbbell Chest Press	Push	Upper	2	10	
Dumbbell Lunges	Push	Lower	2	10	
Dumbbell Bicep Curls	Pull	Upper	2	10	
Dumbbell Tricep Kickbacks	Push	Upper	2	10	
Dumbbell Goblet Squats	Push	Lower	2	10	
Dumbbell Shoulder Press	Push	Upper	2	10	

Notes:

Rest 60 seconds between sets

Use enough weight that you feel challenged, but not exhausted

Feel free to add a third set if you have the time and feel comfortable with 2 sets

To check form, search for the exercise on Youtube, I recommend viewing Scott Herman's videos

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