
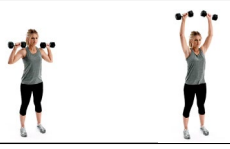








INTRO TO DUMBBELLS

- Changing up your workout while using the same equipment in a variety of ways can help progress your training program and keep things fun and entertaining. Dumbbells are a great option to easily incorporate into your workouts.

Circuit	Exercise		Reps	Sets	Rest
A	DB Sumo Squat		60 sec	2	30 sec
	DB Overhead Press		60 sec	2	30 sec
Rest 60 sec					
B	DB Bicep Curls		60 sec	2	30 sec
	DB Row		60 sec	2	30 sec
Rest 60 sec					
C	DB Single Leg Deadlift		30 sec (each side)	2	30 sec
	DB Russian Twist		60 sec	2	30 sec
Rest 60 sec					
D	DB Forward Lunge		60 sec	2	30 sec
	DB Weighted Step Ups		60 sec	2	30 sec

- Having a set of dumbbells at home can provide tools for a quick & efficient workout. Check out the variety of options in the Life Time online store at <https://shop.lifetime.life/>