

# Dumbbell & Bodyweight

## CIRCUIT WORKOUT

This dumbbell workout is comprised of 10 exercises to really work your entire body from head to toe. Keep rest between exercises to a minimum, and perform each circuit 3x per training day.



### SET 1



**Dumbbell Curls**  
10 Reps



**Overhead Presses**  
10 Reps



**Tricep Kickbacks**  
10 Reps



**1 Stiff Leg Deadlifts**  
10 Reps



**Dumbbell Lunges**  
10 Reps

### SET 2



**Push Ups**  
10 Reps



**Burpees**  
10 Reps



**Jump Squats**  
10 Reps



**Mountain Climbers**  
10 Reps



**Side Plank**  
60 Seconds

# Workouts For Dummies

**LM Reder**



## **Workouts For Dummies:**

## Whispering the Techniques of Language: An Psychological Journey through **Workouts For Dummies**

In a digitally-driven earth where screens reign great and quick conversation drowns out the subtleties of language, the profound strategies and mental subtleties concealed within words frequently get unheard. Yet, situated within the pages of **Workouts For Dummies** a fascinating fictional prize blinking with organic feelings, lies an extraordinary quest waiting to be undertaken. Penned by a talented wordsmith, that enchanting opus encourages readers on an introspective journey, gently unraveling the veiled truths and profound influence resonating within the fabric of each word. Within the emotional depths with this moving evaluation, we will embark upon a honest exploration of the book is core themes, dissect their fascinating publishing design, and succumb to the effective resonance it evokes strong within the recesses of readers hearts.

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