

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 DummiesR

Zhe Xu



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