|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** | **Weight** |
| **Dumbbell Squats** | **12** |  | **12** |  | **12** |  | **12** |  |
| **Dumbbell**  **Lunge** | **12** |  | **12** |  | **12** |  | **12** |  |
| **Bent Over Dumbbell Row** | **12** |  | **12** |  | **12** |  | **12** |  |
| **Dumbbell**  **Bicep Curl** | **12** |  | **12** |  | **12** |  | **12** |  |
| **Dumbbell**  **Chest Press** | **12** |  | **12** |  | **12** |  | **12** |  |
| **Dumbbell Shoulder Press** | **12** |  | **12** |  | **12** |  | **12** |  |
| **Overhead Tricep Extension** | **12** |  | **12** |  | **12** |  | **12** |  |