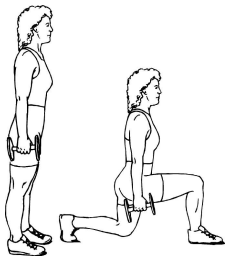
Routine For: Dumbbells Circuit 1
Created By: Jared Byer, HFI

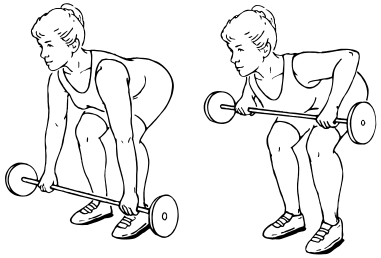
LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)



Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.

Do __3__ sets.
Complete __20__ repetitions.

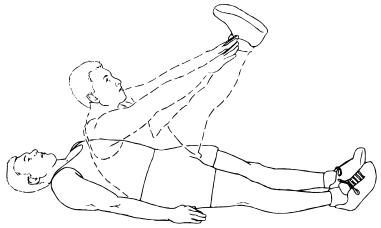
BACK: LATS - 4 Row: Bent Over (Dumbbell)



Lift barbell to chest, keeping back flat and knees bent.

Do __3__ sets. Complete __20__ repetitions.

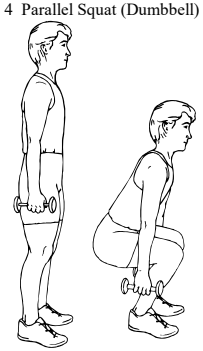
ABS - 14 Sit-Up: Jack Knife – Alternating



Tighten abdominals, simultaneously raise upper body and one leg, attempting to touch hands to foot or ankle. Alternate legs.

Do __3__ sets. Complete __20__ repetitions.

LEGS: GLUTES / THIGHS - 4 Parallel Squat (Dumbbell)



Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.

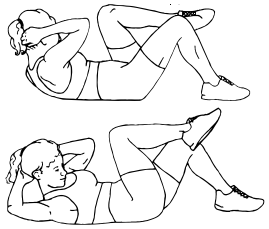
Do __3__ sets.
Complete __20__ repetitions.

SHOULDERS - 1 Press: Standing (Dumbbell)

Knees slightly bent, palms in, press to straight arms, rotating to palms forward at end of movement.

Do __3__ sets.
Complete __20__ repetitions.

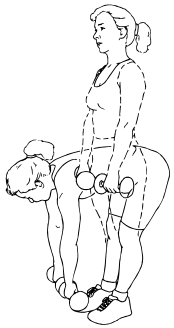
ABS - 17 Crunch: Twist – Bent Leg, Alternating



Legs bent, tighten abdominals, raise upper body and one leg. Twist to touch opposite elbow to raised knee. Alternate sides.

Do __3__ sets.
Complete __20__ repetitions.

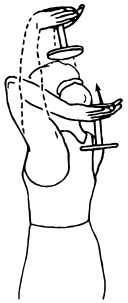
BACK: LOW - 3 Dead Lift (Dumbbell)



Legs straight, back flat, raise torso until in line with legs.

Do __3__ sets.
Complete __20__ repetitions.

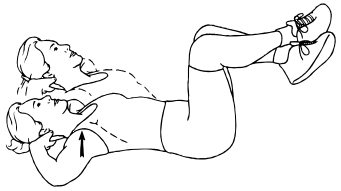
ARMS: TRICEPS - 5 Extension: Standing (Dumbbell)



Knees slightly bent, straighten arms, keeping upper arms close to sides of head.

Do __3__ sets.
Complete __20__ repetitions.

ABS - 12 Crunch: Raised Leg



Hands at head, legs up, bent, ankles crossed, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

Do __3__ sets. Complete __20__ repetitions.

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