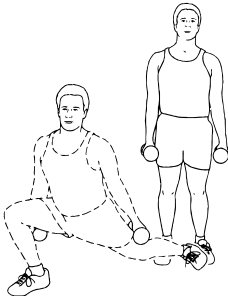


Routine For: Dumbbells Circuit 2  
Created By: Jared Byer, HFI

LEGS: GLUTES / THIGHS - 15 Lunge: Side (Dumbbell)

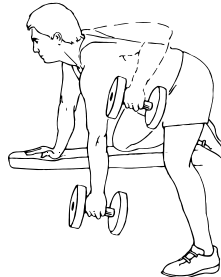
Head up, back straight, step forward and to side, bending forward leg until thigh is parallel with floor. Alternate legs.



Do 3 sets. Complete 20 repetitions.

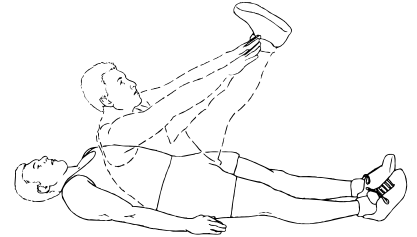
BACK: LATS - 1 One Arm Bent-Over Row

From starting position, pull dumbbell to side of chest. Complete all repetitions with one arm, then repeat with other arm.



Complete 20 repetitions. Do 3 sets.

ABS - 14 Sit-Up: Jack Knife – Alternating

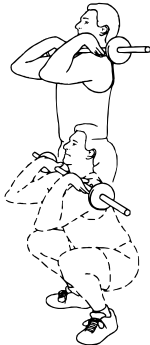


Tighten abdominals, simultaneously raise upper body and one leg, attempting to touch hands to foot or ankle. Alternate legs.

Do 3 sets. Complete 20 repetitions.

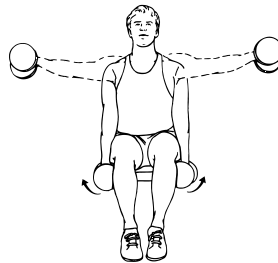
LEGS: GLUTES / THIGHS - 7 Front Full Squat (Barbell)

Bar in front, head up, back straight, feet pointed slightly out, squat until backs of thighs touch calves. Keep abdominals tight and maintain weight on heels.



Do 3 sets. Complete 20 repetitions.

SHOULDERS - 9 Seated Lateral Deltoid Raise

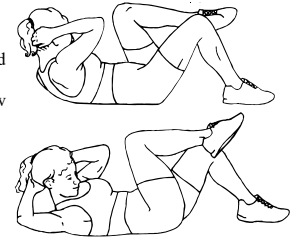


With arms slightly bent, raise dumbbells to just above shoulder height.

Complete 3 repetitions. Do 20 sets.

ABS - 17 Crunch: Twist – Bent Leg, Alternating

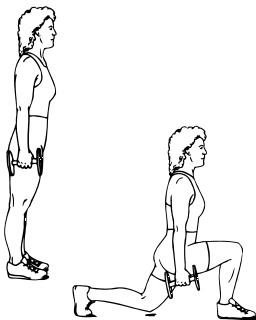
Legs bent, tighten abdominals, raise upper body and one leg. Twist to touch opposite elbow to raised knee. Alternate sides.



Do 3 sets. Complete 20 repetitions.

LEGS: GLUTES - 4 Lunge

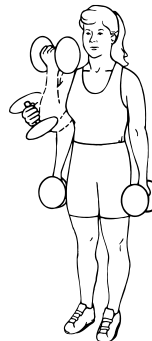
With legs shoulder-width apart, head up, and back straight, step forward, bending the leg until thigh is parallel to floor. Return and alternate legs.



Complete 3 times. Do 20 sets.

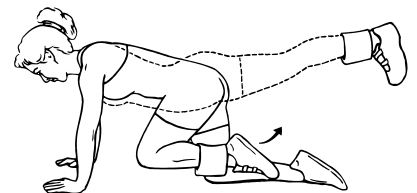
ARMS: BICEPS - 1 Standing Alternating Curl

Keeping arms close to sides, curl one arm to shoulder and back to straight arm position. Alternate arms.



Complete 20 repetitions. Do 3 sets.

LEGS: GLUTES - 5 Weighted Kick Back

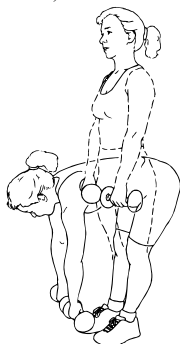


With leg tucked to chest, drive leg back and up until straight and slightly above level with body. Complete all repetitions with one leg first, then repeat with other leg.

Complete 20 repetitions. Do 3 sets.

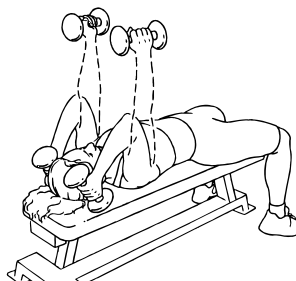
BACK: LOW - 3 Dead Lift (Dumbbell)

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



Do 3 sets. Complete 20 repetitions.

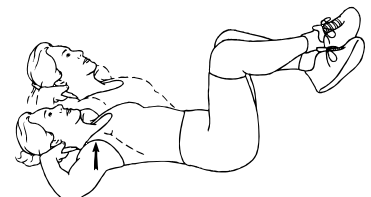
ARMS: TRICEPS - 8 Extension: Lying (Dumbbell)



Straighten arms, keeping upper arms perpendicular to floor.

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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