

# 3 DAY FULL BODY BARBELL AND DUMBBELL WORKOUT FOR FAT LOSS

## Day 1

DB Squat to Overhead Press

Bent-over Barbell Row

Dumbbell Lunges

Kneeling DB Woodchop

Barbell Romanian Deadlift

Incline DB Plank Rowing

Reps: 10-15

## Day 2

Barbell Bench Press

DB Lunges to Rotation

Barbell Thruster

Dumbbell Lateral Raises

Dumbbell Overhead Squat

Barbell Landmine Oblique Twist

Sets: 3-4

## Day 3

Conventional Deadlift

One-arm Kneeling Landmine Press

Sumo Cossack Squat

Kneeling DB Low to High Chop

Incline DB Plank Rowing

Seated Rear Delt Dumbbell Raise

Rest: 45-sec to 2-minute

# Why Home Workout Full Tutorial 31019

**G Psacharopoulos**



## **Why Home Workout Full Tutorial 31019:**

## **Why Home Workout Full Tutorial 31019** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Why Home Workout Full Tutorial 31019**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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