

Home Gym Dumbbell Training Program

Two plate-loading dumbbells with a selection of plates and a flat bench are the only pieces of equipment needed for this training program. Use enough weight so that the last rep of each exercise is fairly difficult. Perform the exercises in the order shown. Do 1, 2 or 3 sets of each exercise, depending on how long and hard a workout you want.

Days per week: M-W-F or T-Th-Sat.

| exercises | sets | reps | exercises | sets | reps |
|---|------|-------------------|--|------|--------------------------|
| 1  <i>p. 193 middle</i> | 1 | 10 to 15 | 9  <i>p. 300 top</i> | 1-3 | 10 to 12 per set |
| 2  <i>p. 190 top</i> | 1 | 15 to 50 | 10  <i>p. 302 bottom</i> | 1-3 | 10 to 12 per set |
| 3  <i>p. 191 bottom</i> | 1 | 15 to 50 ca. side | 11  <i>p. 218 middle</i> | 1-3 | 10 to 12 per set |
| 4  <i>p. 196 bottom</i> | 1 | 15 to 50 | 12  <i>p. 218 top</i> | 1-3 | 10 to 12 per set |
| 5  <i>p. 248 top</i> | 1-3 | 10 to 12 per set | 13  <i>p. 258 top</i> | 1-3 | 15 to 20 per set |
| 6  <i>p. 250 top</i> | 1-3 | 10 to 12 per set | 14  <i>p. 290 bottom</i> | 1-3 | 10 per set ca. leg |
| 7  <i>p. 204 middle</i> | 1-3 | 10 to 12 per set | 15  <i>p. 290 middle</i> | 1-3 | 10 per set ca. leg |
| 8  <i>p. 275 bottom</i> | 1-3 | 10 to 12 per set | 16  <i>p. 236 middle</i> | 1-3 | 15 to 20 per set ca. leg |

Pro Home Workout Step Plan

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Pro Home Workout Step Plan:

Pro Home Workout Step Plan: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Pro Home Workout Step Plan : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Pro Home Workout Step Plan : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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