**DAY 1 (3 SETS – 10 REPS) - ARMS**

|  |  |
| --- | --- |
| Image result for dumbbell standing curl diagram -site:pinterest.*STANDING CURL | Image result for standing triceps extension diagram -site:pinterest.*STANDING TRICEPS EXTENSION |
| Image result for standing side curl dumbbells diagram -site:pinterest.*STANDING SIDE CURL | Image result for standing triceps extension diagram -site:pinterest.*SITTING TRICEPS EXT |
| Image result for dumbbell wrist curl -site:pinterest.*  Seated Wrist Curl | Image result for dumbbell kickback -site:pinterest.*Kickback |
| Inner Biceps Curl | Image result for dumbbell wrist curl -site:pinterest.*  Wrist Extension  (Overhanded, down) |

**DAY 2 (3 SETS – 10 REPS) - SHOULDERS**

|  |  |
| --- | --- |
| DUMBBELL PULLOVER | SHOULDER PRESS |
| BENT OVER ROW | LATERAL DELTOID RAISE |
| UPRIGHT ROW | DUMBBELL SHRUG |
| Image result for rear deltoid raise diagram -site:pinterest.*  REAR DELTOID RAISE | Image result for front deltoid raise diagram -site:pinterest.*  FRONT DELTOID RAISE |

**DAY 3 (3 SETS – 10 REPS) - CHEST**

|  |  |
| --- | --- |
| DUMBBELL PRESS | Image result for dumbbell Bend to Opposite Foot -site:pinterest.*BEND OPPOSITE FOOT |
| Image result for dumbbell chest fly diagram -site:pinterest.*CHEST FLY | Image result for dumbbell stiff legged deadlift diagram -site:pinterest.*Straight Leg Deadlift |
| weighted crunch Dumbbell exercises for abdominal musclesDUMBBELL WEIGHTED CRUNCH | Image result for dumbbell wide row diagram -site:pinterest.*WIDE ROW |
| Image result for dumbbell chest fly diagram -site:pinterest.*CHEST FLY | Image result for dumbbell side bend diagram -site:pinterest.*SIDE BEND |