



Dumbbell Only Workout Beginners

	<u>EXERCISE</u>	<u>REPS</u>	<u>SETS</u>	<u>REST TIME</u>
1	Goblet Squat	6-8	3	90 Seconds
2	RDL – Romanian deadlift	6-8	3	90 Seconds
3	Chest press	8	3	90 Seconds
4	Incline bench Row	8	3	90 Seconds
5	Shoulder Press	8	3	90 Seconds
6	Bicep curl	8 ES – Each side	3	90 Seconds

