

DUMBBELL TRAINING TRACKER

Tick off the tables as your strength progresses, aim for 10 reps and 3 sets for each movement before progressing upwards in weight.
Click on the workout name to access a YouTube link. Use **two dumbbells** per workout and don't forget to perform the exercises with good form.

		BW	2.5kg	5kg	7.5kg	10kg	12.5kg	15kg	17.5kg	20kg	22.5kg	25KG
LEGS	Goblet squats											
	Deadlifts											
	Walking lunges											
	Glute bridge raises											
	Calf raises											
	Single leg glute raises											
CHEST	Chest press											
	Chest fly's											
	Close grip press											
SHOULDER	Shoulder press											
	Shoulder front raises											
	Shoulder lateral raises											
BACK	Single arm bench rows											
	Bent over back rows											
	Bent over back fly's											
TRICEPS	Single arm tricep Extensions											
	Tricep kick backs											
	Flat tricep skull crushers											
BICEPS	Bicep standing curls											
	Bicep hammer curls											
	Bicep concentration curls											