



WELLNESS MATTERS MORE THAN EVER



# TOTAL BODY WORKOUT USING DUMBBELLS

Grab a set of dumbbells to complete this total body at-home workout. For this workout, you will **perform each exercise for one minute. Start with the first set.** Once you finish the first set, try working through the second set.

Unsure about how to perform an exercise? You can look up images or videos of these exercises on the internet for guidance.

## SET 1

- Push-ups
- Goblet Squat
- Overhead Shoulder Press
- Static Lunge (Right)
- Bicep Curl
- Static Lunge (Left)
- Overhead Tricep Extension
- Romanian Deadlift
- Chest Fly
- Bench Reverse Curl

## SET 2

- Bent Over Row
- Curtsy Lunge (Right)
- Upright Row
- Curtsy Lunge (Left)
- Tricep Kickbacks
- Single Leg Deadlift (Right)
- Hammer Curls
- Single Leg Deadlift (Left)
- Chest Press
- Bench Crunch

