

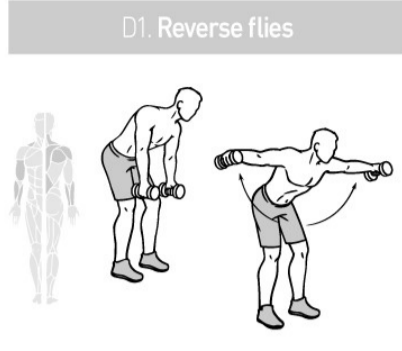
Dumbbell Workouts

Exercices avec haltères | Ejercizi con manubri | Ejercicios con mancuernas | Übungen mit Hanteln
 Oefeningen met halters | Hantelövningar | Trening z hantlami | Antrenamente cu gantere

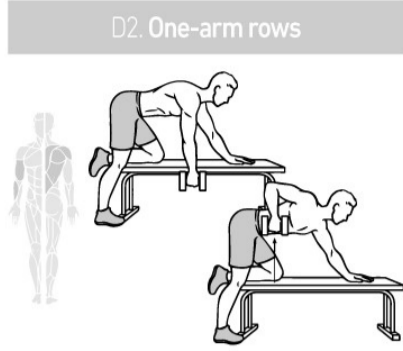
Back

Beck (Dors) | Spinae | Espalda
 Rücken | Ploz | Plozi | Ploz | Spine

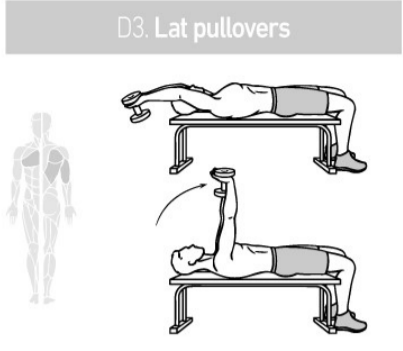
D1. Reverse flies



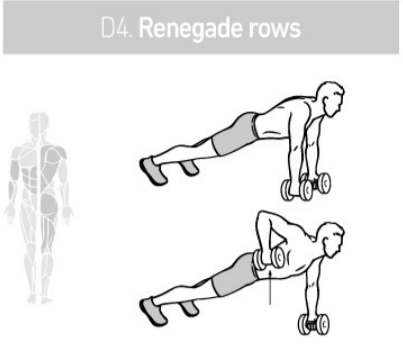
D2. One-arm rows



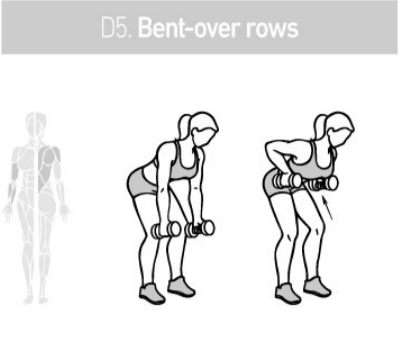
D3. Lat pullovers



D4. Renegade rows



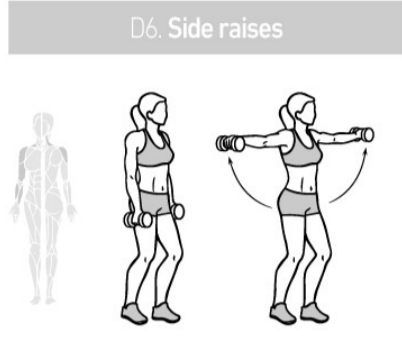
D5. Bent-over rows



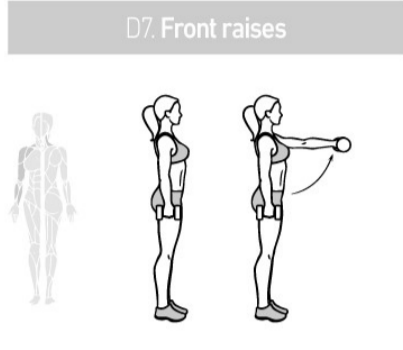
Shoulders

Epaulet | Spall | Ombrac | Schultern
 Escapular | Axillar | Ombrac | Schulter
 Scapular | Axillar | Ombrac | Schulter

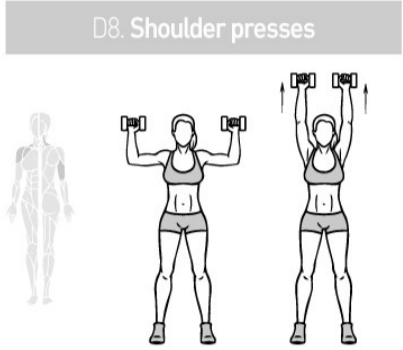
D6. Side raises



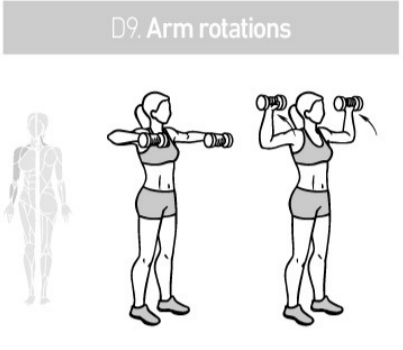
D7. Front raises



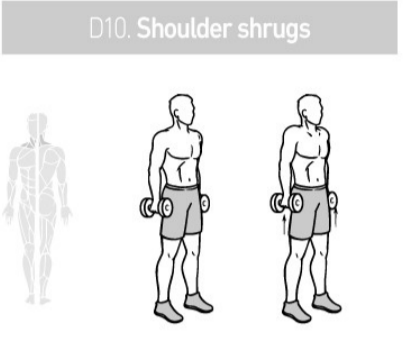
D8. Shoulder presses



D9. Arm rotations



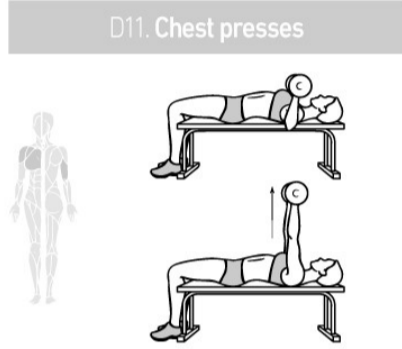
D10. Shoulder shrugs



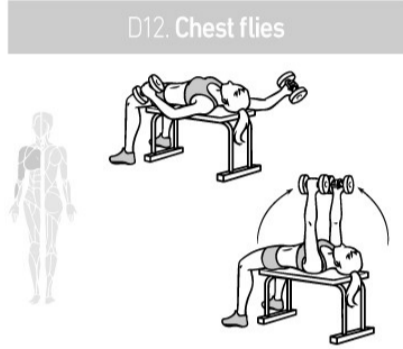
Chest

Pectoral | Pectoral | Pectorales | Brustmuskeln
 Pectoralis | Pectoralis | Pectoralis | Brustmuskeln
 Pectoralis | Pectoralis | Pectoralis | Brustmuskeln

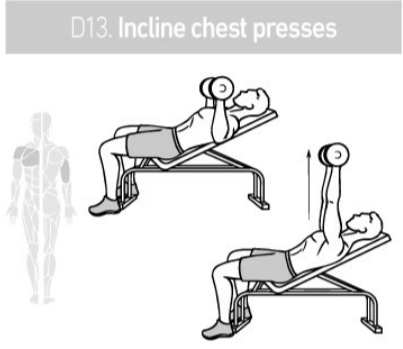
D11. Chest presses



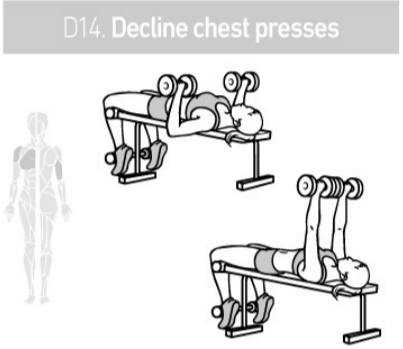
D12. Chest flies



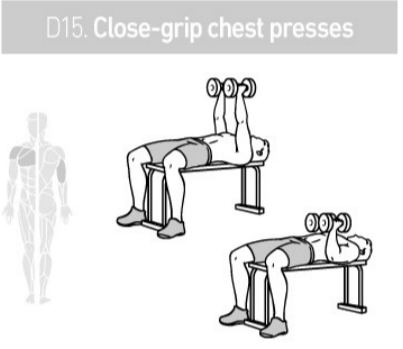
D13. Incline chest presses



D14. Decline chest presses



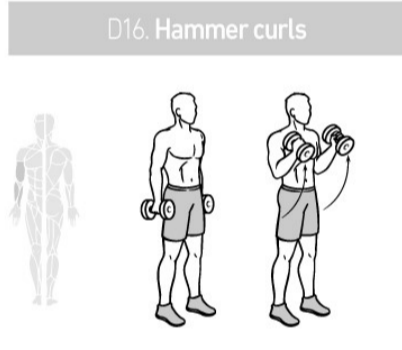
D15. Close-grip chest presses



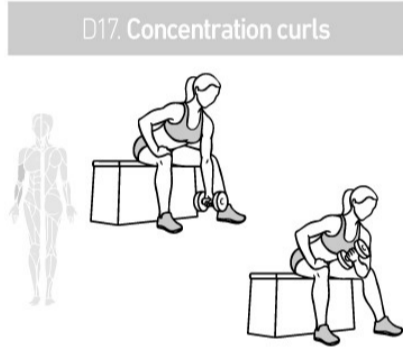
Arms

Braz | Braccia | Brasos | Arme
 Armes | Armes | Armes | Arme
 Armes | Armes | Armes | Arme

D16. Hammer curls



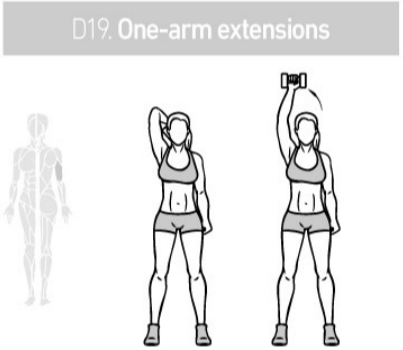
D17. Concentration curls



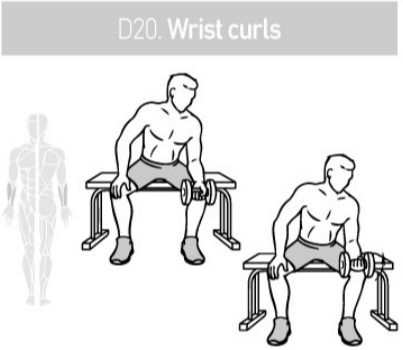
D18. Tricep kickbacks



D19. One-arm extensions



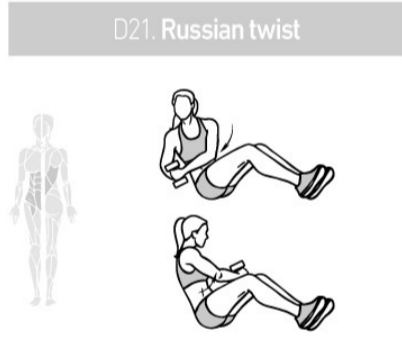
D20. Wrist curls



Abs

Abdos | Abdominal | Abdominales | Bauchmuskeln
 Abdomen | Abdomen | Abdomen | Abdomen
 Abdomen | Abdomen | Abdomen | Abdomen

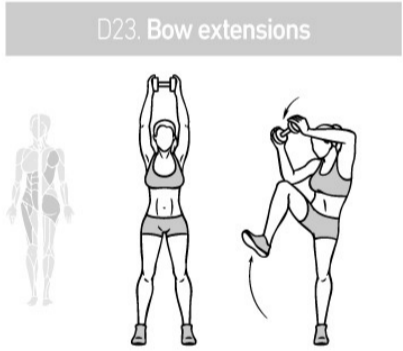
D21. Russian twist



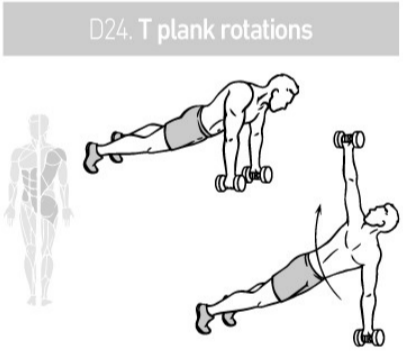
D22. V-ups



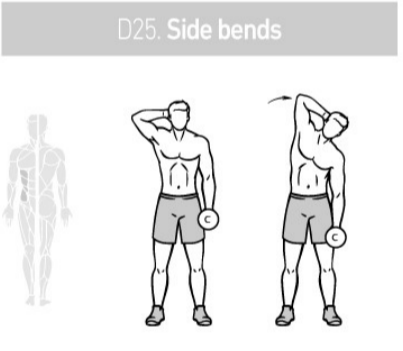
D23. Bow extensions



D24. T plank rotations



D25. Side bends



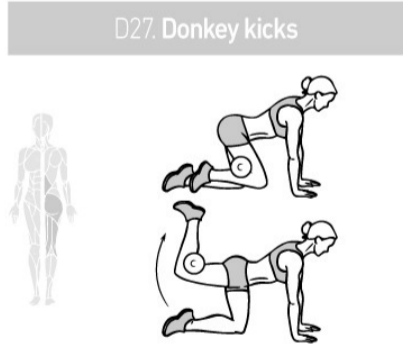
Glutes

Fessiers | Glutei | Gluteales | Beckenmuskeln
 Biceps | Gluteales | Gluteales | Beckenmuskeln
 Biceps | Gluteales | Gluteales | Beckenmuskeln

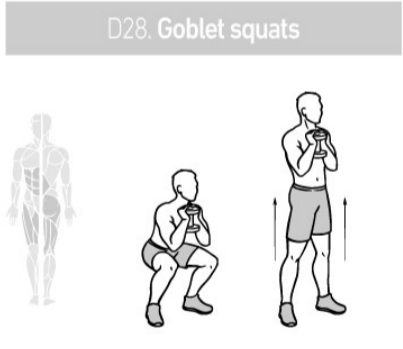
D26. Glute bridges



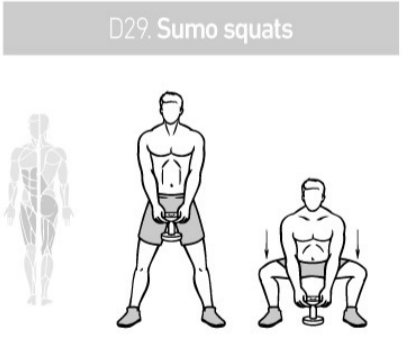
D27. Donkey kicks



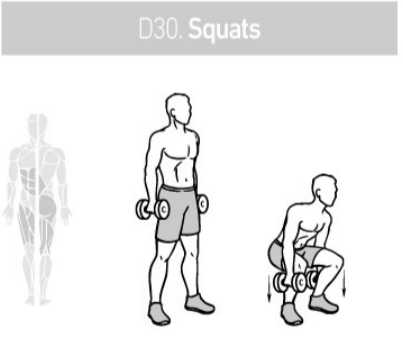
D28. Goblet squats



D29. Sumo squats



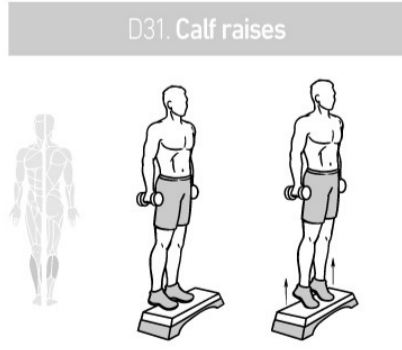
D30. Squats



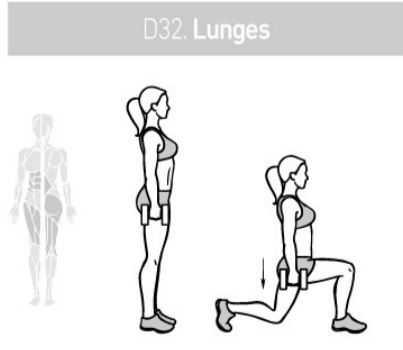
Legs

Jambes | Gambe | Gamba | Beine
 Bein | Bein | Bein | Bein
 Bein | Bein | Bein | Bein


D31. Calf raises



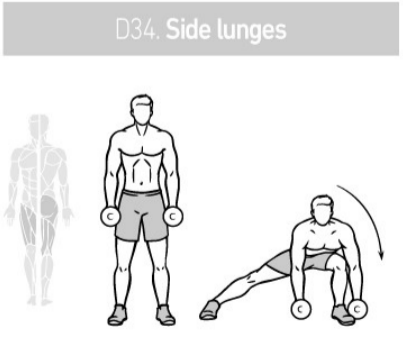
D32. Lunges



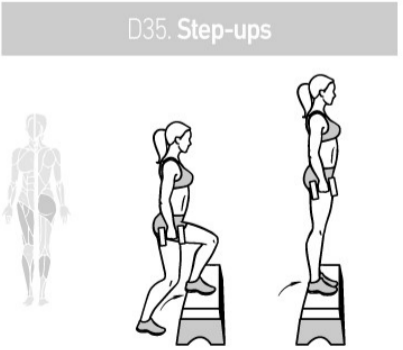
D33. Single-leg split squats



D34. Side lunges



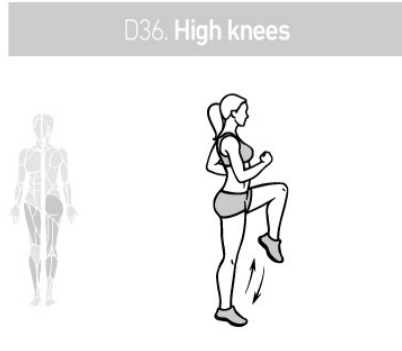
D35. Step-ups



Cardio

Cardio | Cardio | Cardio | Cardio
 Cardio | Cardio | Cardio | Cardio
 Cardio | Cardio | Cardio | Cardio

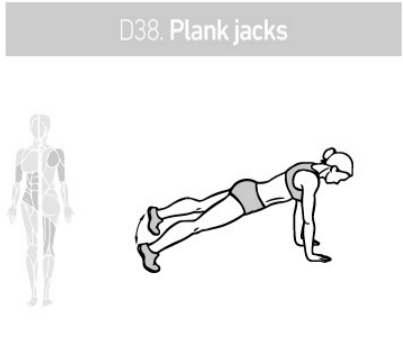
D36. High knees



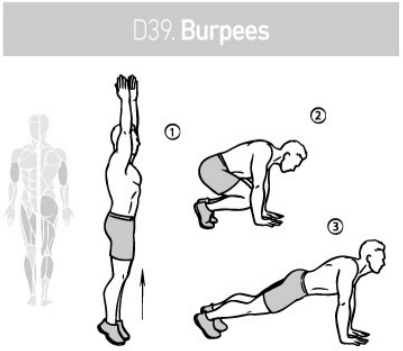
D37. Mountain climber



D38. Plank jacks



D39. Burpees



D40. Jumping jacks

