

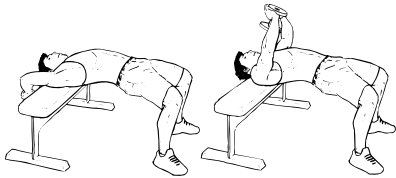
C2BFF Amazing Total Body Dumbbell Workout

3 min · Abs, Arms, Back, Chest, Legs, Shoulders



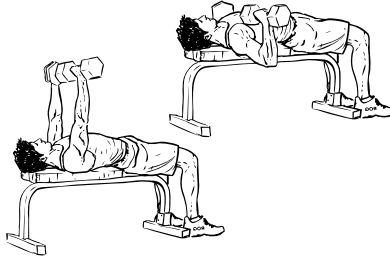
Steve N.

Dumbbell Pullovers

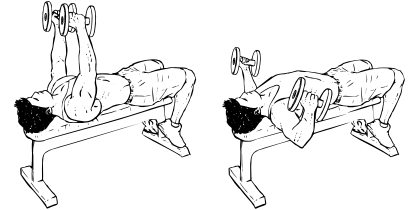


1 sets 10 reps

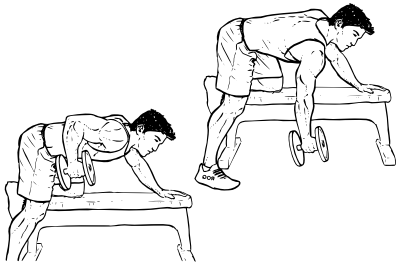
Dumbbell Flat Bench Press



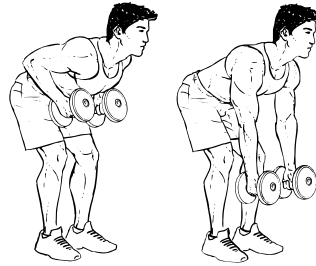
Flat Bench Dumbbell Flies



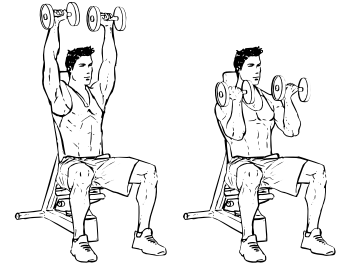
Single Arm Dumbbell Bench Rows



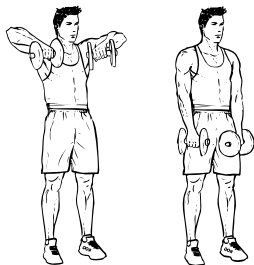
Standing Two-Armed Bent Over Dumbbell Rows



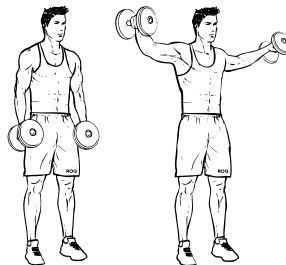
Seated Arnold Dumbbell Press



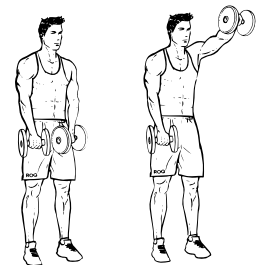
Upright Dumbbell Rows



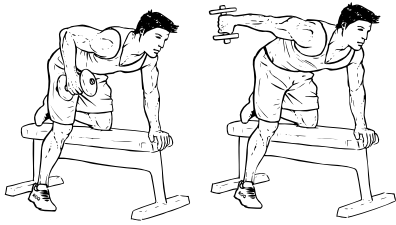
Lateral Shoulder Dumbbell Raises



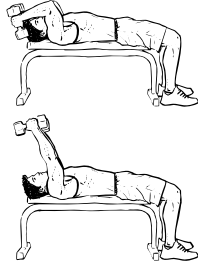
Front Shoulder Dumbbell Raises



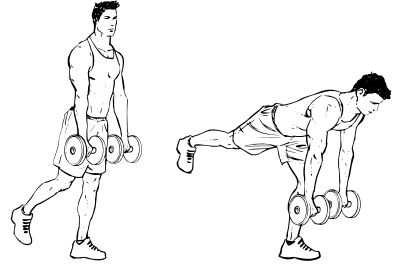
Tricep Dumbbell Kickbacks



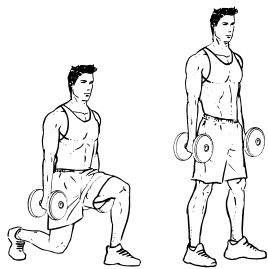
Lying Dumbbell Tricep Extensions



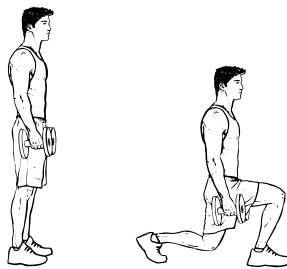
Single Straight Leg Dumbbell Deadlift



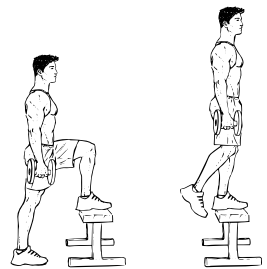
Reverse Dumbbell Lunges



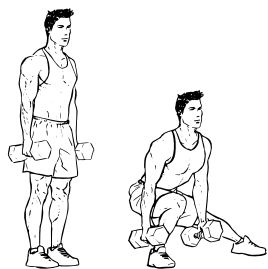
Dumbbell Walking Lunges



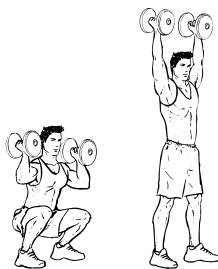
Dumbbell Step-Ups



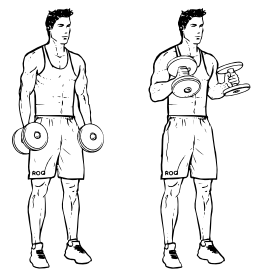
Dumbbell Lateral Lunges



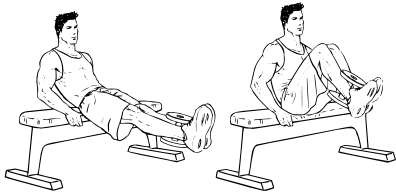
Dumbbell Squat Thrusters



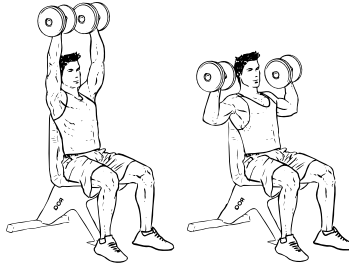
Standing Dumbbell Bicep Hammer Curls



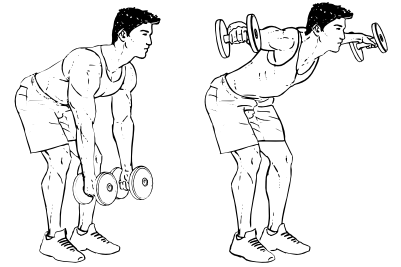
Dumbbell Weighted Leg Pull-Ins



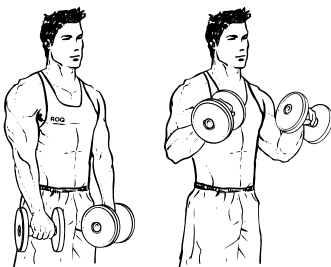
Dumbbell Overhead Shoulder Press



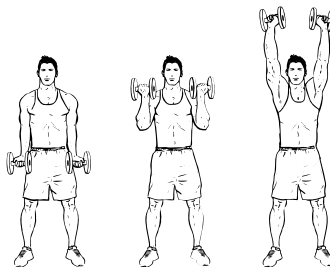
Dumbbell Bent Over Lateral Rear Delt Raises



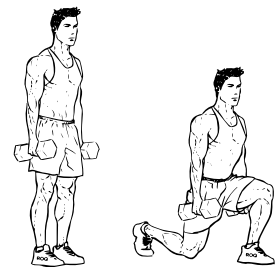
Dumbbell Bicep Reverse Curls



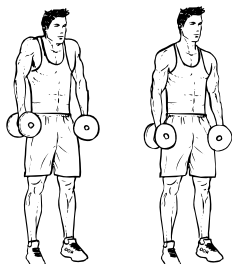
Dumbbell Biceps Curl to Shoulder Press



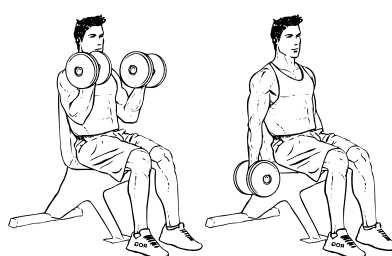
Dumbbell Lunges



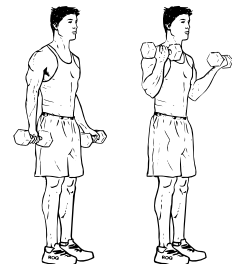
Dumbbell Shrugs



Seated Dumbbell Bicep Curls



Standing Dumbbell Bicep Curls



Standing Dumbbell Calf Raises

