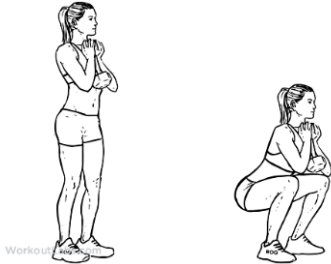
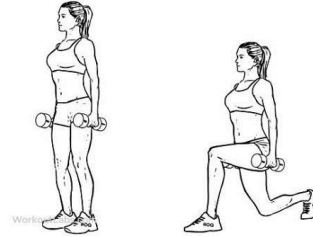


**Total Body Dumbbell Workout**  
 2-4 sets of 8-12  
 Rest 30-60 sec between sets

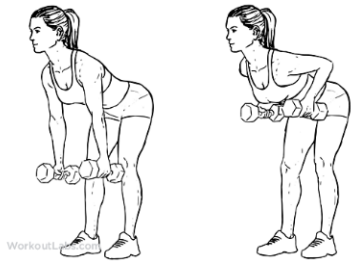
1. [Goblet Squat with Dumbbell](#)



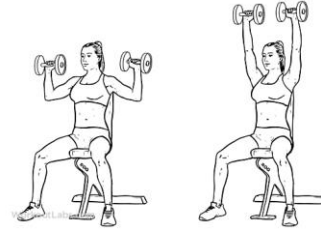
5. [Walking Lunge with Dumbbells](#)



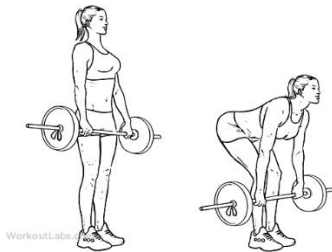
2. [Bent-Over Row with Dumbbells](#)



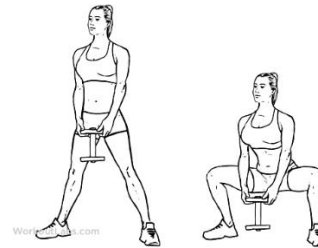
6. [Shoulder Press with Dumbbells](#)  
 (can do seated or standing)



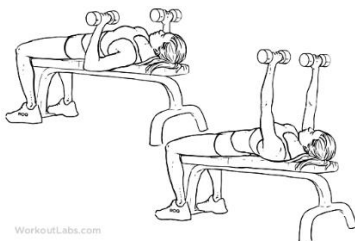
3. [Romanian Deadlift with Dumbbells](#)



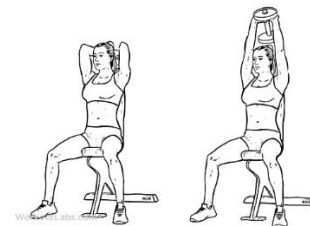
7. [Plie Squat with Dumbbell](#)



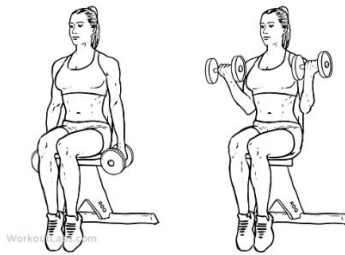
4. [Chest Press with Dumbbells](#)



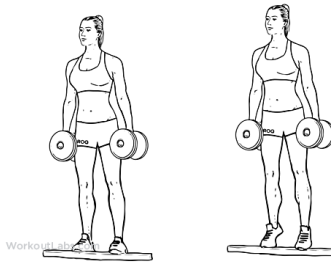
8. [Overhead Triceps Extension](#)  
 (can do seated or standing)



9. [Biceps Curl with Dumbbells](#)  
(can do seated or standing)



10. [Calf Raise with Dumbbells](#)



11. [Lying Leg Raise](#)



12. [Plank](#)



(hold position for 30 seconds or more)