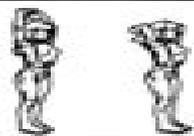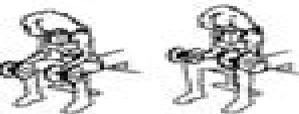# Home Gym Dumbbell Training Program

Two plate-loading dumbbells with a selection of plates and a flat bench are the only pieces of equipment needed for this training program. Use enough weight so that the last rep of each exercise is fairly difficult. Perform the exercises in the order shown. Do 1, 2 or 3 sets of each exercise, depending on how long and hard a workout you want.

Days per week: M-W-F or T-Th-Sat.

exercises		sets	reps	exercises		sets	reps
1 p. 193 middle		1	10 to 15	**9** p.300 top		1–3	10 to 12 per set
2 p.190 top		1	15 to 50	**10** p.302 bottom		1–3	10 to 12 per set
3 p.191 bottom		1	15 to 50 ea. side	**11** p.218 middle		1–3	10 to 12 per set
4 p.196 bottom		1	15 to 50	**12** p.218 top		1–3	10 to 12 per set
5 p.248 top		1–3	10 to 12 per set	**13** p.258 top		1–3	15 to 20 per set
6 p.250 top		1–3	10 to 12 per set	**14** p.290 bottom		1–3	10 per set ea. leg
7 p.204 middle		1–3	10 to 12 per set	**15** p.290 middle		1–3	10 per set ea. leg
8 p.275 bottom		1–3	10 to 12 per set	**16** p.236 middle		1–3	15 to 20 per set ea. leg

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