Upper body dumbbell exercises		Low weight High reps	Low weight High reps	Heavy weight Low reps	Heavy weight Low reps
Shoulders					
	Overhead press				
	Lateral raise				
	Front raise- double or single alternating arms.				
	Upright row				
	Bent over dumbbell raise				
	Arnold press				
Back					
	Bent over, two arm row				
	Single arm row (in a lunge or on a bench)				
	Deadlift (focusing on using your upper back to lift)				
	Bent over fly				
	Upright row				
	Dumbbell pullover				
Chest					
	Lying down chest press (on a ball or bench)				
	Dumbell fly, lying down (on a ball or bench)				
	Pushups (variation, incline pushups)				
Biceps					
	Bicep reverse grip curls				
	Hammer curls				
	Bicep palms up grip curls				
	Single arm concentration curl				
Triceps					
	Overhead , single dumbbell tricep extension				
	Tricep kickbacks				
	Tricep dips on edge, counter, or bench				
	skull crusher				
Lower body dumbbell exercises					
Glutes					
	Hip thrusts				
	Sumo squats				
	Close feet squats				
	Squats with heel elevated				
	Deadlift				
	Single leg deadlift				
	Reverse lunges				
	Walking lunges				
	Glute bridge				
Hamstrings/ Quads					
	Dumbbell step ups				
	Dumbbell lateral lunges				
	Rear foot elevated split squat.				
	Lunge with hold at the bottom.				
Calves					
	Standing calf raises (single foot and double)				