

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