



DUMBBELL EXERCISES

	LOW EXTENSION	SIDE BEND	RUSSIAN TWIST	HALF TURKISH GET-UP	CORE STABILIZATION
	SHOULDER PRESS	LATERAL RAISE	BENT-OVER REVERSE FLY	WRIST CURL	UPRIGHT ROW
UPPER BODY	CHEST PRESS	CHEST FLY	ONE-ARM TRICEP EXTENSION	CONCENTRATION CURL	HAMMER CURL
UPPER BODY	INCLINE CHEST PRESS	SHOULDER SHRUG	LAT PULLOVER	FRONT LAT RAISE	ARM ROTATION
BACK	BENT-OVER ROW	REVERSE FLY	ONE-ARM ROW	DEADLIFT	BENT-OVER REVERSE FLY
LOWER BODY	OBLET SQUAT	LUNGE	SINGLE-LEG DEADLIFT	SIDE LUNGE	DONKEY KICKS
LOWER BODY	STEP-UP	HIP RAISES	CALT RAISE	SINGLE-LEG SPLIT SQUAT	SEATED CALF RAISE
TOTAL BODY	WOOD CHOP	RENEGADE ROW	SWING	PLANK T	TRICEP KICKBACK

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