

## SHOULDERS



SHOULDER FLYES



SHOULDER PRESS



UPRIGHT ROWS



REAR SHOULDER FLYES



SHOULDER SHRUGS

## CHEST



BENCH PRESSES



INCLINE FLYES



PUSHUP HANDLES



INCLINE PRESSES



DECLINE PRESSES

## ABS



AB LATERALS



CRUNCH SITUPS



LEG RAISES

## TRAINING PROGRAM #1

Courtesy Hugo A. Rivera:

### Triset A (Chest/Back/Abs):

Push Ups or Incline Bench Presses  
3 sets x10-12 reps (no rest)  
One Arm Dumbbell Rows (no rest)  
Crunches  
3 sets x25-40 reps (1 minute rest)

### Triset B (Delts/Biceps/Triceps):

Dumbbell Upright Rows  
3 sets x10-12 reps (no rest)  
Dumbbell Curls  
3 sets x10-12 reps (no rest)  
Overhead Triceps Extensions  
3 sets x10-12 reps (1 minute rest)

## TOTAL BODY ROUTINE

BSCE, CFT, SPN and President of [www.hrfit.net](http://www.hrfit.net)

### Triset C (Thighs/Hamstrings/Calves):

Squats  
3 sets x10-12 reps (no rest)  
Stiff Legged Deadlifts  
3 sets x10-12 reps (no rest)  
One Leg Calf Raises  
3 sets x10-12 reps (1 minute rest)

*Notes: Move to Triset B after you have completed 3 sets of Triset A. Move to Triset C after you have completed 3 sets of Triset B. Precede each set with at least one set of light weight, high rep warm-ups. Rest 1-2 days between workouts. Add cardio on days off.*

## TRAINING PROGRAM #2

### Upper Body

70 Degree  
Incline Press  
Flat Bench Press  
Incline Flyes  
One Arm Rows  
Isolation Rows

Shoulder Flyes  
Dumbbell Curl  
Incline Curls  
Triceps Kickbacks  
Triceps Extensions  
Wrist Curls

*Notes: Perform 2 sets of each exercise for 10-12 reps. Move up to 3 sets after 4 weeks. At 2 sets per exercise the routine lasts 45 minutes if you rest 1 minute in between sets. At 3 sets it lasts 60 minutes.*

## SPLIT ROUTINE

### Lower Body

Squats  
Lunges  
Leg Extensions  
Stiff Legged  
Deadlifts  
Leg Curls

Calf Raises  
Sit Ups  
Ab Laterals  
Leg Raises

**Disclaimer:** These routines are intended to be only guidelines for dumbbell workouts and not a complete workout program. Please consult with a Fitness Professional if there is a ny doubt as to how to perform any exercises.

## BACK



DEAD LIFTS



ONE ARM ROWS



CHIN UPS



ISOLATION ROWS

## ARMS



PREACHER CURLS



BAR DIPS



TRICEP EXTENSIONS



TRI KICK BACKS



E-Z BAR CURL



CURLS

## LEGS



LEG CURL



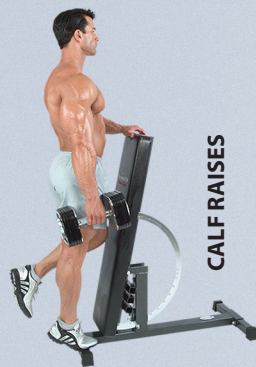
LEG EXTENSIONS



LUNGES



SQUATS



CALF RAISES

Many other exercises not shown. Some photos show optional attachments.

**IRONMASTER**