

Full- Body Dumbbell Workout

Bicep curl
to overhead
press

12 reps
3 sets



Dead lift to
upward row

12 reps
3 sets



Weighted squat
to standing
triceps
extension

12 reps
3 sets



Sit up to
alternating
dumbbell
punches

24 reps
3 sets



Burpee with
push up

8 reps
3 sets

