

15 MINUTE DUMBBELL WORKOUT

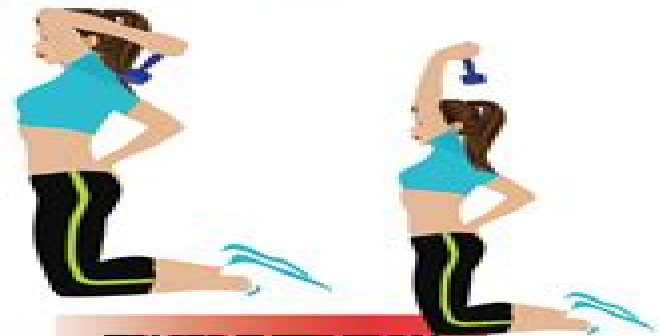
**STANDING DUMBBELL
DUMBBELL CURLS**
10 - 15 REPETITIONS



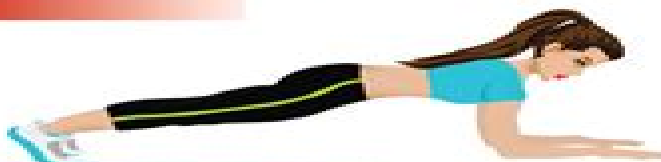
**FRONT
RAISE**
10 - 15 REPETITIONS



SHOULDER PRESS
10 - 15 REPETITIONS



TRICEP EXTENSION
10 - 15 REPETITIONS



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60 SECOND HOLDS



Dumbbell Training For Strength And Fitness

Paul Collins



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