

GIANT SUPERSET DUMBBELL WORKOUT

WARM UP

Arm Swings 10 reps
Shoulder Rolls 10 reps
Push Ups 5-10 Reps
Knee Lifts 30 seconds
Alternating Lunges 10 reps

EXERCISES

Dumbbell Bench Press
2 Arm Dumbbell Row
Box Squat
Calf Raises
Curl & Press

REPS/SETS

10 to 15 reps
of each exercise

Do 2 to 3 sets

No rest between exercises
(unless you need!)

The information provided in this workout program
is intended for general guidance and educational purposes only.

SHALOM KHOKHAR ACE-CPT
YOUR JOURNEY. YOUR PACE. YOUR GREATNESS. WORKOUT GREAT

