

Dumbbell Workout Log					
Week 1 Circuit	Set 1,2, & 3		Day 1	Day 2	Day 3
Beginner	Wall Sit March w/ Front Deltoid Raise (50 sec)				
Rest (10-20 sec between each circuit)	Spiderman Push Ups w/ Dumbbells (50 sec)				
	Mission Impossible (50 sec)	Total Time (9 min)			
Week 2 Circuit					
	Squat w/ Dumbbell Swing (50 sec)				
	All In (50 sec)				
	Bird Dog Row (50 sec)	Total Time (9 min)			
Week 3 Circuit					
Advanced	Squat w/ Dumbbell Press (50 sec)				
Rest Optional	T Push Up (50 sec)				
	Side Bridge w/ lateral raise L (25 sec)				
	Side Bridge w/ lateral raise R (25 sec)	Total Time (9 min)			
Week 4 Circuit					
	Squat w/ Dumbbell Snatch L (25 sec)				
	Squat w/ Dumbbell Snatch R (25 sec)				
	Hip Bridge w/ Dumbbell Press (50 sec)				
	Push Up Plank w/ Dumbbell Raise (50 sec)	Total Time (9 min)			
Week 5 Circuit					
	Alternating Squat Dumbbell Press (50 sec)				
	Scorpion Push Ups w/ Dumbbells (50 sec)				
	Wall Wings (50 sec)	Total Time (9 min)			
Week 6 Circuit					
	Squat Jump w/ Dumbbell Swing (50 sec)				
	Side to Side w/ Dumbbells (50 sec)				

	V Up w/ Dumbbells (50 sec)	Total Time (9 min)			
Week 7 Circuit					
	Squat Jump (50 sec)				
	Alternating Hip Bridge w/ Dumbbell Press (50 sec)				
	Superman w/ Dumbbells (50 sec)	Total Time (9 min)			
Week 8 Circuit					
	Alternating Split Squat Jump w/ Dumbbells (50 sec)				
	Elevated Side Bridge w/ Rear Deltoid Raise L (25 sec)				
	Elevated Side Bridge w/ Rear Deltoid Raise R (50 sec)				
	Push Up Row (50 sec)	Total Time (9 min)			

Dumbbell Workout Journal				
	Week 1	Week 2	Week 3	Week 4
Weight (lbs)				
Waist (in)				
Biceps (in)				
Triceps (in)				
Thighs (in)				
	Week 5	Week 6	Week 7	Week 8
Weight (lbs)				
Waist (in)				
Biceps (in)				
Triceps (in)				
Thighs (in)				