

WORKOUT LOG

Dumbbell Workout Plan for Beginners

Date :

Total Workout Time :

Strength Training	Set : 1		Set : 2		Set : 3		Notes
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	
Goblet Squat							
Reverse Lunge							
Bent-Over Row							
Chest Press							
Bridges							
Shoulder Press							
Biceps Curl							
Triceps Kickback							
Plank							

CARDIO	DURATION	SPEED	DISTANCE

Date :

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CARDIO	DURATION	SPEED	DISTANCE