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ONLY WORKOUT: 3 DAY FULL BODY DUMBBELL ...1.

Dumbbell Squat 3 10 2. Dumbbell Stiff Legged Deadlift

3 10 3. Bent Over Dumbbell Row 3 10 4. Dumbbell

Bench Press 3 10 5. Lateral Raises 2 8 6. Standing

Dumbbell Curl 2 8 7. Lying Dumbbell Extension 2 8

Day 2 Exercise Sets Reps 1. Dumbbell Lunge 3 10 2.

Dumbbell Hamstring Curl 3 10 3. Dumbbell Deadlift 3

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