

Dumbbell Workout (Lower)

Week 2, Day 2

Workout Notes: Complete the prescribed number of sets and reps, taking rest as listed.

#	Exercise:	Reps:	Sets:	Rest:	Exercise Notes:
1	Dumbbell Romanian Deadlift	6-8	4	90 secs	
2	Dumbbell Goblet Squat	6-8	4	90 secs	
3	Glute Bridge	8-10 (each side)	3	60 secs	
4	Reverse Lunge	8-10	3	60 secs	
5	Reverse Crunch	10-12	2	30 secs	

Record the number of reps you managed in each set under the 'Exercise Notes' column. Use the following format: 10, 10, 9, 8 and so on...