

Dumbbell Workout (Full-Body)

Week 2, Day 4

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

#	Exercise:	Reps:	Sets:	Rest:	Exercise Notes:
1	Dumbbell Romanian Deadlift	4-6	4	90 secs	
2	Flat Dumbbell Press	4-6	4	90 secs	
3	Forward Lunge	4-6 (each side)	4	90 secs	
4	Bent Over Dumbbell Row	4-6	4	90 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...