MOBILE FITNESS PERSONAL TRAINER

Date: **Name:**

Advanced Dumbell Workout	**Date:**																							
Warm-up 20 lunges		1			2			3			4			5			6			7			8		
EXERCISES:		1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
1. Squat & Bicep Curl	Kg: Reps:																								
1. Push up & Renegade Row	Kg: Reps:																								
1. Crucifix Crunch with small dumbell or object	Kg: Reps:																								
1. High Knees on the spot 45s or 100 reps	Kg: Reps:																								
2. Lunge & Lateral Raise	Kg: Reps:																								
2. Arnie Press	Kg: Reps:																								
2. Dumbell Crunch	Kg: Reps:																								
2. Front Star Jumps	Kg: Reps:																								
3. Dumbell Deadlift	Kg: Reps:																								
3. Bent Over Fly	Kg: Reps:																								
3. Dumbell Banana	Kg: Reps:																								
3. Mountain Climbers	Kg: Reps:																								