

Home Exercises

Equipment Needed: Dumbbells



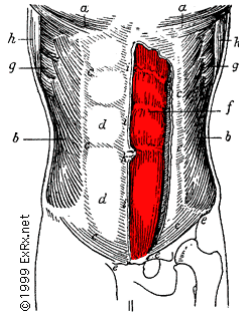
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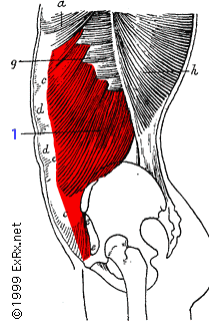
Ab Exercises

Front Abs



- [Crunch](#)
- [Chair crunches](#)

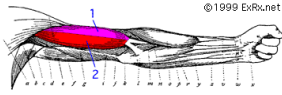
Obliques



- [Side crunch](#)
- [Lying twist](#)

Arm Exercises

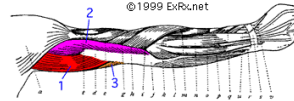
Biceps



Dumbbell curls

Alternate dumbbell curls

Triceps

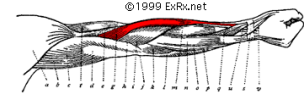


Close grip push ups

Chair dips

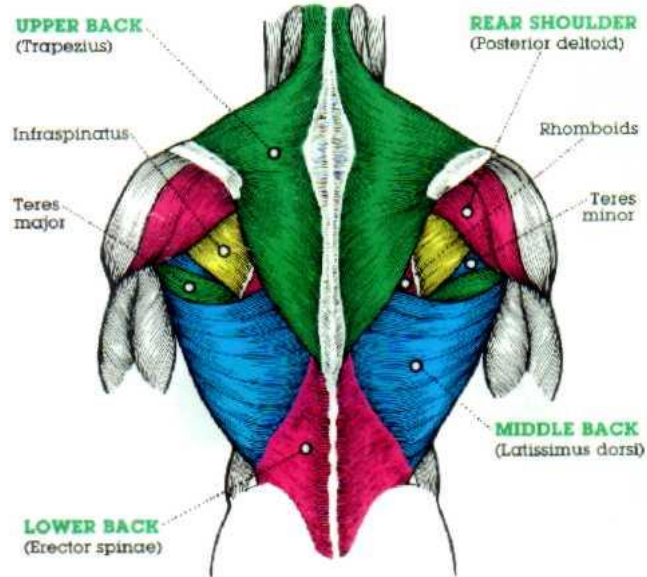
Standing Tricep kickbacks

Forearms



Dumbbell wrist curls

Back Exercises



Upper and Middle Back

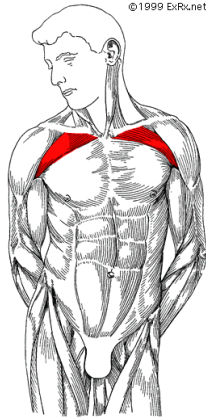
[Dumbbell Rows](#)

Lower Back

[Standing deadlifts with dumbbells](#)

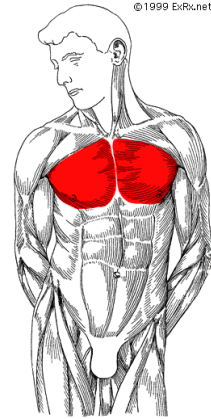
Chest Exercises

Upper chest



[Decline Push ups](#)

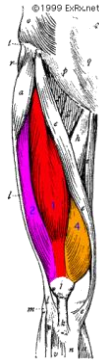
Mid Chest



[Push Ups](#)
[Incline push ups](#)

Leg Exercises

Quads

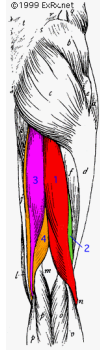


[Body squats](#)

[Lunges](#)

[Step Ups](#)

Hamstrings



[Straight leg deadlifts](#)
[no weight](#)

Calves

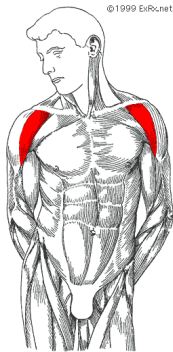


[Calf raise](#)

[Single leg calf raise](#)

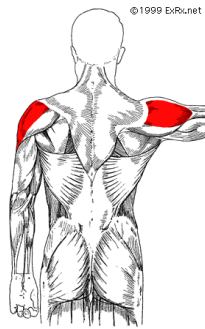
Shoulder Exercises

Front



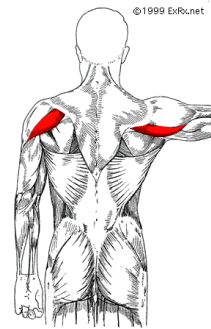
Front raises dumbbell

Side



Lateral raises

Rear



Lying rear delt
raise

Cardio Exercises

Jogging/Walking Outdoors

Walking in Place

Jogging in Place

Reference: Muscular diagram images from (www.exrx.net)