

## Full Body Dumbbell Workout

Here is a great full body workout you can using a dumbbell set. This workout targets your upper and lower body. A good full body workout saves time and gives you a balanced look. Click on the name of the exercise to see a video demonstration of how to perform it correctly.

<b>EXERCISE</b>	<b>REPS</b>	<b>SETS</b>	<b>REST (Seconds)</b>
<a href="#">Dumbbell Squats</a>	15	2	30
<a href="#">Deadlifts with Dumbbells</a>	15	2	30
<a href="#">Flat Bench Press w Dumbbells</a>	15	2	45
<a href="#">Dumbbell One Arm Back Rows</a>	15	2	30
<a href="#">Dumbbell Curls</a>	15	2	30
<a href="#">Tricep Kickbacks</a>	15	2	45

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