

# DUMBBELLS



## Advanced - Dumbbell Daddy V1

1	Chest & Back	Legs & Core	Biceps & Triceps	Shoulders & Core	REST	Chest & Back	Legs & Core
2	Biceps & Triceps	Shoulders & Core	REST	Chest & Back	Legs & Core	Biceps & Triceps	Shoulders & Core
3	REST	Chest & Back	Legs & Core	Biceps & Triceps	Shoulders & Core	REST	REST
4	Chest & Back	Legs & Core	Biceps & Triceps	Shoulders & Core	REST	Chest & Back	Legs & Core
5	Biceps & Triceps	Shoulders & Core	REST	Chest & Back	Legs & Core	Biceps & Triceps	Shoulders & Core
6	REST	Chest & Back	Legs & Core	Biceps & Triceps	Shoulders & Core	REST	REST