

# WEEK 10 OF 12-WEEK DUMBBELL WORKOUT PLAN

MONDAY (UB)	TUESDAY (LB)	THURSDAY (UB)	FRIDAY (LB)
FLAT BENCH PRESS	FRONT SQUAT	ARNOLD PRESS	COSSACK SQUAT
DEFICIT PUSHUP	FRONT LUNGES	INCLINE BENCH PRESS	STEP-UP
LATERAL RAISES	ROMANIAN DEADLIFT	BENT-OVER ROW	POP SQUAT
ONE-ARM DB ROW	GLUTE BRIDGE	REAR DELT FLY	CURTSY LUNGE
INCLINE BICEPS CURL	CALF RAISES	SHOULDER SHRUG	LYING LEG CURL

Perform Three sets of 10-12 reps with 1-2 minutes of rest between them

# NFL Week Workout Plan Texas

**L Darling-Hammond**

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- Integration of Multimedia Elements
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