

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	CURTSEY 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

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The NFL Experience David Boss,Bill McGrane,1988 *Football's Stars of Summer* Raymond Schmidt,2001-07-30
Football s Stars of Summer reviews each year of this classic series including the excitement of selecting the college players
the frequent battles between the two sides over game rules and the All Stars grueling pre game training camps in the heat of
summer that often produced plenty of surprises for everyone Chase's 1997 Sports Calendar of Events Contemporary
Books,McGraw-Hill Trade,1996 In the tradition of Chase s Calendar of Events comes a comprehensive guide to sporting and
recreational events across the country This book lists more than 6 000 sporting events sports figures and anniversaries of
events in the history of sports Extensively indexed by state and category entries include award lists direct access phone
numbers addresses for teams stadiums associations and halls of fame and more Line art photos *A Field Guide to Gay &
Lesbian Chicago* Kathie Bergquist,Robert McDonald,2006 The first and only book to give gay and lesbian travelers the inside
scoop on gay friendly accommodations shopping sports recreation music theater dining and nightlife in the Windy City This
chatty opinionated guide to gay life and culture is written by longtime gay neighborhood dwelling Chicagoans for residents
and visitors Photos **Chicago Tribune Index** ,2006 Film & Video Finder ,1989 **The Pro-Football Weekly Almanac**
Richard Whittingham,Dick Whittingham,1994 For the first time the editorial team of Pro Football Weekly brings its wealth of
knowledge and expert opinion together in one annual publication The Almanac offers a combination of the guides statistics
facts stories and informed commentary that will make it the most read annual for pro football fans Chicago Guide ,1974
The Notre Dame Weight Training Program for Football Pete Broccoletti,1979 Billboard Music Week ,1937
The Weekly Underwriter Alasco Delancey Brigham,Henry Rogers Hayden,1966-07 **Harper's Weekly** John
Bonner,George William Curtis,Henry Mills Alden,Samuel Stillman Conant,Montgomery Schuyler,John Foord,Richard Harding
Davis,Carl Schurz,Henry Loomis Nelson,John Kendrick Bangs,George Brinton McClellan Harvey,Norman Hapgood,1894
The Chautauquan ,1895 **Journal of Health, Physical Education, Recreation** ,1943 **Chicago Tribune** ,1975
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Lafayette Weekly** ,1900 The World's Chronicle Eleanor Atkinson,Francis B. Atkinson,Lewis A. Convis,1901

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