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Single Dumbbell 3x/wk

Workout Program

Day 1: Posterior Chain

Perform each exercise per lettered group with no rest between exercises. After the final exercise per set allow a minimum of 30 or maximum of 60 sec rest before performing the next round. 3 rounds of each, along with warmup and stretching will take around 45min. 2 rounds will take around 30 min and is the minimum number of sets per letter group of exercises.

A1: [Dumbbell bridge - 20 reps](https://youtu.be/EFttZGy7Jxc?t=108)

A2: [Forward Dumbbell Lunge (glute emphasis) - 10/side](https://youtu.be/EFttZGy7Jxc?t=156)

A3: [Dumbbell Bent Leg Dead Lift - 15 reps](https://youtu.be/EFttZGy7Jxc?t=175)

B1: [Single Arm Free Standing Dumbbell Row - 15/side](https://youtu.be/EFttZGy7Jxc?t=247)

B2: [Squeeze Curl - 25 reps](https://youtu.be/EFttZGy7Jxc?t=275)

C1: [Dumbbell Leg Raise (check vid for instructions) - 10/side](https://youtu.be/EFttZGy7Jxc?t=350)

C2: [Dumbbell Crunch - 25 reps](https://youtu.be/EFttZGy7Jxc?t=387)

Day 2: Pushing Motions

Perform each exercise per lettered group with no rest between exercises. After the final exercise per set allow a minimum of 30 or maximum of 60 sec rest before performing the next round. 3 rounds of each, along with warmup and stretching will take around 45min. 2 rounds will take around 30 min and is the minimum number of sets per letter group of exercises.

A1: [Goblet Squat - 15 reps](https://youtu.be/6mrOY_yg1BM?t=132)

A2: [Dumbbell Pulse Squat (check vid for instructions) - 25 reps](https://youtu.be/6mrOY_yg1BM?t=172)

A3: [Bootstrap - 25 reps](https://youtu.be/6mrOY_yg1BM?t=205)

B1: [Single Arm Floor Press - 15 reps](https://youtu.be/6mrOY_yg1BM?t=264)

B2: [Center Press - 25 reps](https://youtu.be/6mrOY_yg1BM?t=296)

B3: [Overhead Extension - 25 reps](https://youtu.be/6mrOY_yg1BM?t=323)

C1: [Dumbbell Drag Plank - 10/side](https://youtu.be/6mrOY_yg1BM?t=396)

C2: [Single Arm Dumbbell Knee Tuck Crunch - 15/side](https://youtu.be/6mrOY_yg1BM?t=429)

Day 3: Shoulders and Stability

Perform each exercise per lettered group with no rest between exercises. After the final exercise per set allow a minimum of 30 or maximum of 60 sec rest before performing the next round. 3 rounds of each, along with warmup and stretching will take around 45min. 2 rounds will take around 30 min and is the minimum number of sets per letter group of exercises.

A1: [Single Arm Snatch - 5/side](https://youtu.be/80mNzGfn8GQ?t=158)

A2: [Bulgarian Split Squat - 10/side (check vid for instruction)](https://youtu.be/80mNzGfn8GQ?t=220)

B1: [Single Arm Overhead (Literally) Press - 10/side](https://youtu.be/80mNzGfn8GQ?t=272)

B2: [Single Leg Romanian Deadlift - 10/side](https://youtu.be/80mNzGfn8GQ?t=334)

C1: [Dumbbell Sit Up - 10 w/OH Press or 15 w/out](https://youtu.be/80mNzGfn8GQ?t=399)

C2: [Dumbbell Plank Over - 10/direction](https://youtu.be/80mNzGfn8GQ?t=445)

C3: [Dumbbell Russian Twist - 10/direction](https://youtu.be/80mNzGfn8GQ?t=493)