



Dumbbell training

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# Dumbbell Training Program - Advanced level

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## Week-1 || Day-1 || Program



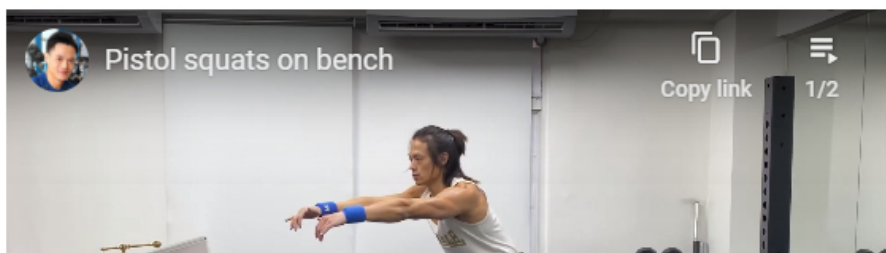
### 2A. Dumbbell bulgarian lunges



Until failure, dumbbell weight: bodyweight x 15%

No rest

### 2B. Pistol squats on bench





10 times on each side, no equipment

No rest

## 2C. Tuck hollow rocks



15 times, no equipment

1 minute rest

2A + 2B + 2C + 1 minute rest = 1 set

Repeat 3 sets


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