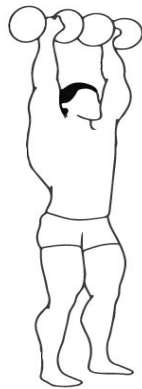
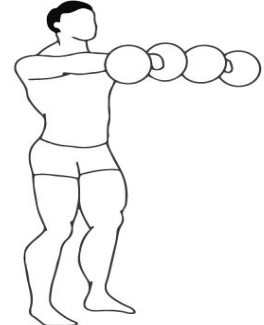


DB Press
3 sets | 12 Reps



Front Raises
3 sets | 12 Reps



Home Dumbbell Routine for Men



Goblet Squat
3 sets | 12 Reps



Deadlifts
3 sets | 12 Reps

