

All Dumbbells –  
 Watkins DeLorme Method  
 Push/Pull



EXERCISE	Reps	Sets	Intensity	Rest
1a. DB Chest Press	8-12	3	50%/75%/100%	1 minutes
Comment: Ask our staff about using proper tempo!				
1b. 2 arm DB Row on 15° Bench	8-12	3	50%/75%/100%	1 minutes
Comment:				
2a. DB Standing Shoulder Press	8-12	3	50%/75%/100%	1 minutes
Comment:				
2b. DB Shrugs	8-12	3	50%/75%/100%	1 minutes
Comment:				
3a. DB Fly	12-15	2	85%/85%	30s
Comment:				
3b. DB Bent Over Lateral Raise	12-15	2	85%/85%	30s
Comment:				
4a. DB Squat	8-12	3	50%/75%/100%	1.5 minutes
Comment:				
4b. DB Stationary Lunge	12-15	3	85%/85%	60s
Comment:				
5a. DB Lying Tricep Extension	12-15	3	85%/85%/85%	30s
Comment: Neutral grip (palms facing each other)				
5b. DB Hammer Curls	12-15	3	85%/85%/85%	30s
Comment: Neutral grip (palms facing each other)				