

# All Dumbbells – Watkins DeLorme Method Traditional



EXERCISE	Reps	Sets	Intensity	Rest
1a. DB Chest Press	8-12	3	50%/75%/100%	1.5 minutes
Comment: Ask our staff about using proper tempo!				
2a. DB Incline 45° Fly	12-15	2	85%/85%	60s
Comment: try a semi-pronated grip for best results...don' t know what that is??? Ask our staff				
3a. DB Standing Shoulder Press	8-12	3	50%/75%/100%	1.5 minutes
Comment:				
4a. DB lateral Raise	12-15	2	85%/85%	60s
Comment: Keep good posture throughout your set				
5a. DB Row	8-12	3	50%/75%/100%	1.5 minutes
Comment: reps are for each arm, stabilize yourself on a bench				
6a. DB Shrugs	12-15	2	85%/85%	60s
Comment: straight up and down				
7a. DB Squat	8-12	3	50%/75%/100%	1.5 minutes
Comment:				
8a. DB Stationary Lunge	12-15	2	85%/85%	60s
Comment:				
9a. DB Lying Tricep Extension	12-15	2	85%/85%	60s
Comment: Neutral grip (palms facing each other)				
10a. DB Hammer Curls	12-15	2	85%/85%	60s
Comment: Neutral grip (palms facing each other)				