<table>
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<tr>
<th>Exercise</th>
<th>Muscle Focus</th>
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<tbody>
<tr>
<td><strong>Bicep Curl</strong></td>
<td><em>Muscle Focus: Biceps</em></td>
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</table>
| 1. Stand tall, feet shoulder-width apart, holding invisible dumbbells at your hips.  
2. Curl both invisible dumbbells up toward your shoulders.  
3. Lower your arms and repeat. |                                                   |
| **Dumbbell Crunch**            | *Muscle Focus: Rectus Abdominis*                  |
| 1. Lay on your back with your knees bent, holding the invisible dumbbell on your chest.  
2. Slowly curl your head and shoulders up, and then lower back to the starting position. |                                                   |
| **Dumbbell Twisters**          | *Muscle Focus: Internal & External Oblique*       |
| 1. Sit on the floor, knees bent, holding the invisible dumbbell on your chest.  
2. Rotate your upper body all the way to the right and tap the dumbbell on the floor.  
3. Repeat that motion to the left.  
4. Count 1 rep every time you tap to the left. |                                                   |
| **Dumbbell Heel Lifts**        | *Muscle Focus: Gastrocnemius*                     |
| 1. Stand on your right foot with your left foot raised behind you, 6 inches off the ground.  
2. Push up onto your right toe and hold for 2 seconds at the top.  
3. Lower your heel. Repeat the same side.  
4. Complete reps on the right side and then repeat on the left. |                                                   |
| **Dumbbell Plank Rows**        | *Muscle Focus: Pectoralis, Biceps*                |
| 1. Start in plank position.  
2. Shift your weight to your left arm, and then pull an invisible dumbbell up to your shoulder with your right arm.  
4. Count 1 rep every time you complete a row with your left arm. |                                                   |
| **Dumbbell Rows**              | *Muscle Focus: Latissimus Dorsi, Trapezius, Rhomboids* |
| 1. Start in lunge position, left foot forward and your back long and straight.  
2. Hold the invisible dumbbell in your right hand, your arm extended toward the floor.  
3. Pull, bending your arm to bring the dumbbell up to your shoulder.  
4. Slowly lower to the starting position. Repeat with your right arm.  
5. Complete reps on the right side, and then repeat on the left side. |                                                   |
| **Dumbbell Triceps Push**      | *Muscle Focus: Triceps*                           |
2. Invisible dumbbell in your right hand. Elbow close to your body and your arm bent at a right angle.  
3. Push back. Extend arm until it’s straight.  
| **Standing Dumbbell Twisters** | *Muscle Focus: Internal & External Oblique*       |
| 1. Stand tall, feet shoulder-width apart. Hold invisible dumbbell in front of you in 2 hands.  
2. Slowly twist your upper body and the dumbbell all the way to the right, keeping your arms straight.  
3. Slowly repeat that motion to the left.  
4. Count reps every twist to the left. |                                                   |