

Workout Routine - Dumbbells - Full Body - Day 1

Cardio / Strength Training	# of Sets	# of Reps	Progress Log
Abs (Crunch - Weighted)			
	3	8	
Abs (Twisting Crunch)			
	3	8	
Back (Row (Dumbbells) - on Knees, One-Arm)			
	3	10	
Chest (Dumbbell Press)			
	3	10	
Back (Shrug (Dumbbells))			
	3	10	
Chest (Chest Fly (Dumbbells))			
	3	10	
Forearms (Wrist Curl (Dumbbells) - One-Hand)			
	3	10	

Workout Routine - Dumbbells - Full Body - Day 2

Cardio / Strength Training	# of Sets	# of Reps	Progress Log
Thighs (Squat (Dumbbells))			
	3	8	
Shoulders (Shoulder Press - Standing, Alternated)			
	3	10	
Thighs (Side Lunge (Dumbbells))			
	3	8	
Shoulders (Upright Row (Dumbbells))			
	3	10	
Biceps (Biceps Curl (Dumbbells) - Standing, Alternated)			
	3	10	
Triceps (Triceps Kickback (Dumbbells))			
	3	10	
Calves (Calf Raise (Dumbbells) - Standing)			
	3	10	

Detailed Strength Training Exercise Information

	Abs (Crunch - Weighted) Secondary Muscles Upper Abdominals Starting Position Lie down on your back on a bench and hold a dumbbell on top of your chest. Motion Push your shoulder blades up from the bench and lower yourself back down after a short pause. Type/Caution To avoid straining with your neck, look straight up instead of looking at your knees.
	Abs (Twisting Crunch) Secondary Muscles Obliques Starting Position Lie down on your back, knees bent at 90 degree angles and place your hands behind your ears. Motion Rotate your upper body up to one side so that one elbow is in the air and lower yourself back down after a short pause. Alternate sides after your set is completed. Type/Caution Breathe out while contracting your abs muscles and breathe in while returning to starting position.
	Back (Row (Dumbbells) - on Knees, One-Arm) Secondary Muscles Biceps, Lats, Rear Deltoids Starting Position Put your left knee and hand on a bench and grab a dumbbell with your right hand. Motion Lift the dumbbell straight up while keeping your back straight and lower it back down after a short pause. Type/Caution Breathe out while lifting the dumbbell and breathe in while returning to starting position.
	Chest (Dumbbell Press) Secondary Muscles Triceps Starting Position Lie down on your back on a bench and hold 2 dumbbells at chest level along your torso. Motion Push the barbell straight up until your elbows are close to being locked and lower it back slowly after a short pause. Type/Caution Breathe out while pushing the dumbbells and breathe in while lowering them back.
	Back (Shrug (Dumbbells)) Secondary Muscles Trapezius Starting Position Stand up and hold one dumbbell with each hand in front of your thighs, palms facing your body. Motion Raise the dumbbells straight up by raising your shoulders and lower them back after a short pause. Type/Caution Keep your arms extended throughout.
	Chest (Chest Fly (Dumbbells)) Secondary Muscles Outer Chest, Front Deltoids Starting Position Lie down on your back on the bench and grab one dumbbell with each hand at shoulder height, elbows bent slightly beyond. Motion Raise the dumbbells until they are wide by side on top of you and slowly lower them back after a short pause. Type/Caution Try to maintain the same angle in your elbows throughout.
	Forearms (Wrist Curl (Dumbbells) - One-Hand) Secondary Muscles Forearms Starting Position Sit on one end of a bench and hold one dumbbell with one hand, wrist against your knee, palm facing up. Motion Raise the dumbbell up by curling your wrist and slowly lower it back down after a short pause. Alternate hands after a set. Type/Caution Keep your forearm pressed against your thigh throughout.

	Thighs (Squat (Dumbbells)) Secondary Muscles Biceps, Quadriceps Starting Position Crouch down and hold one dumbbell with both hands between your knees. Motion Push up with your legs and buttocks to stand up and slowly bring yourself back down after a short pause. Type/Caution Keep your back straight and arms extended throughout.
	Shoulders (Shoulder Press - Standing, Alternated) Secondary Muscles Triceps, Front Deltoids, Outer Deltoids, Trapezius Starting Position Stand up and hold two dumbbells, one at shoulder level and the other high with your arm extended, palms facing each other. Motion Push one dumbbell straight up until your elbow comes close to locking while lowering the other at the same time. Type/Caution Be careful not to jerk your back in an effort to help you raise the dumbbells.
	Thighs (Side Lunge (Dumbbells)) Secondary Muscles Inner Thigh, Buttocks, Quadriceps Starting Position Stand up and hold one dumbbell with each hand against the side of your body, palms facing each other. Motion Take a wide step sideways so that your knee forms a 90-degree angle and slowly bring yourself back up after a short pause. Alternate feet between repetitions. Type/Caution Keep your back straight throughout.
	Shoulders (Upright Row (Dumbbells)) Secondary Muscles Front Deltoids, Outer Deltoids, Trapezius Starting Position Stand up and hold one dumbbell in each hand in front of your thighs, palms facing backwards. Motion Raise both dumbbells until they reach the top of your chest and lower them back down slowly after a short pause. Type/Caution Be careful not to jerk your back in an effort to help you raise the dumbbells.
	Biceps (Biceps Curl (Dumbbells) - Standing, Alternated) Secondary Muscles Biceps Starting Position Stand up and hold one dumbbell with each hand, one down the side of your body and the other up near your shoulder, palms facing your body. Motion Raise one dumbbell toward your shoulder and while slowly lowering it back down after a short pause, start raising the other one. Type/Caution Keep your back and upper arms still throughout.
	Triceps (Triceps Kickback (Dumbbells)) Secondary Muscles Triceps Starting Position Put your knee and hand on a bench and grab a dumbbell with your other hand, palm facing your body, upper arm parallel to your body. Motion Raise the dumbbell back by straightening your arm and allow it to slowly return after a short pause. Type/Caution Keep your upper arm still throughout.
	Calves (Calf Raise (Dumbbells) - Standing) Secondary Muscles Calves Starting Position Stand up and hold one dumbbell with each hand against the sides of your body, palms facing each other. Motion Lift your heels from the ground by standing on your toes and lower yourself back down after a short pause. Type/Caution Make sure that only the calf muscles are contracting.

The Foreclosure Work Out Guide

Frankie Orlando, Marsha Ford



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Foreclosure Survival Guide, The Amy Loftsgordon, 2021-08-31 This book is for homeowners facing foreclosure because they can't make the mortgage payments It provides a thorough easy to understand compassionate look at the available options so that homeowners can determine if they should give up the home file for bankruptcy fight the foreclosure or explore foreclosure alternatives

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