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INSTRUCTIONS

ON DEMAND WORKOUT: FULL BODY DUMBBELL

CATEGORIES: On Demand Workout, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/on-demand-workout-full-body-dumbbell/>

The gym can get a little crazy this time of year so you can stay home and get a great workout done with a set of dumbbells or heavy water bottles.

Equipment: Dumbbells

