DUMBBELL WORKOUT

FIGHTHROUGH FITNESS

INFO

HOW TO CREATE A WORKOUT

1. Select 3-4 Exercises
2. Perform the appropriate rep and set range for your goal.

Note: Increase the weight for strength & toning or decrease for endurance & cardio.

FITNESS GOAL	REP	SETS
ENDURANCE & CARDIO	15 - 20	1 - 3
STRENGTH	12 - 15	1 - 3
TONING	8 - 10	1 - 3

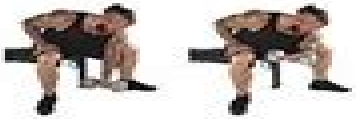
ARMS & CHEST

SEATED TRICEPS PRESS

KICKBACK

OVERHEAD TRICEPS PRESS

STANDING BICEP CURL


CONCENTRATION CURL

LYING SINGLE ARM FLYES

BENCH PRESS

LYING PULLOVER

SHOULDERS & BACK

SHOULDER PRESS

STANDING SIDE RAISE

SHOULDER SHRUG

SEATED INCLINE DELTOID RAISE

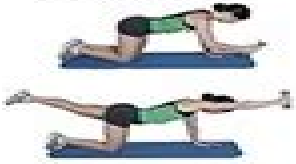
ALTERNATING FRONT DELTOID RAISE

STANDING BENT-OVER FLYES

SCREWDRIVER

BENT OVER ROW

LEGS


POINTING DOG

DEADLIFT

SQUAT

LUNGE

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Dumbbell Workout Guide

DP Hallahan

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board of supervisors meeting dates san bernardino county california - Dec 16 2022
regular board of supervisors meetings are held on tuesdays per the adopted annual calendar of meetings listed below board meetings begin with closed session at 9 00 a m and public session at 10 00 a m the calendar which is subject to amendment by the board does not include information regarding meeting locations
board of supervisors agenda placer county - Feb 06 2022
board of supervisors agenda tuesday august 9 2022 8 30 a m county administrative center 175 fulweiler avenue auburn ca 95603 bonnie gore district 1 jane christenson acting county executive officer robert weygandt district 2 karin schwab county counsel jim holmes district 3 vice chair megan wood clerk of the board
board of supervisors meeting calendar sandiegocounty gov - Apr 20 2023
as noted on the current board of supervisors meeting calendar a regular meeting of the board is held at 9 a m on tuesday and 9 a m on wednesday in room 310 located at the san diego county administration center 1600 pacific highway san diego

california the wednesday session deals with planning and land use matters

board of supervisors alameda county california - Jul 11 2022

agenda board of supervisors meeting tuesday february 28 2023 page 1 board of supervisors regular meeting tuesday february 28 2023 county administration building david haubert vice president district 1 supervisors chambers district 2 1221 oak street lena tam district 3 fifth floor room 512 nate miley president district 4

agenda for the regular meeting of the board of supervisors - Jun 10 2022

agenda for the regular meeting of the board of supervisors county of los angeles california tuesday september 26 2023 9 30 a m board hearing room 381b kenneth hahn hall of administration 500 west temple street los angeles california 90012 janice hahn chair fourth district hilda l solis supervisor

home board of supervisors - Aug 12 2022

supporting documentation for agenda items is available for public review in the office of the clerk of the board of supervisors located at 940 w main street suite 209 el centro ca 92243 during regular business hours 8 00 a m to 5 00 p m monday through friday excluding holidays the office is closed from 12 00 to 1 00 pm

mental health executive board meeting county of sonoma - Nov 15 2022

nov 1 2023 mental health executive board meeting date november 01 2023 time 10 30 a m 12 00 p m hybrid in person meeting webinar information sonoma county dhs office santa rosa conference room 1450 neotomas avenue santa

board of supervisors extends american rescue plan act funding - Jan 17 2023

oct 25 2023 matt brown communications specialist publicaffairs sonoma county org 707 565 3040 575 administration drive suite 104a santa rosa ca 95403 the board of supervisors on tuesday extended american rescue plan act funding for community based organizations that have supported thousands of sonoma county residents through programs

agenda for the regular meeting of the board of supervisors - Apr 08 2022

agenda for the regular meeting of the board of supervisors county of los angeles california tuesday march 21 2023 9 30 a m board hearing room 381b kenneth hahn hall of administration 500 west temple street los angeles california 90012 janice hahn chair fourth district hilda l solis supervisor

board meeting agendas la bos - Sep 25 2023

oct 24 2023 board of supervisors county of los angeles board meeting agendas live board meeting to address the board 10 17 23 regular board meeting at 9 30 a m call 877 226 8163 participant code 1336503 to listen by telephone only call 877 873 8017 access code 111111 english 222222 espanol live stream submit public comment

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board of supervisors agenda tuesday may 10 2022 8 30 a m county administrative center 175 fulweiler avenue auburn ca

95603 bonnie gore district 1 todd leopold county executive officer robert weygandt district 2 karin schwab county counsel jim holmes district 3 vice chair megan wood clerk of the board

board of supervisors santa cruz county - Mar 07 2022

contact us 701 ocean street room 500 santa cruz ca 95060 phone 831 454 2200 fax 831 454 3262 to email all five members of the board of supervisors at once please use boardofsupervisors santacruzcountyca gov please note emails sent to this address will be publicly published in the written correspondence packet attached to the

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agenda for the regular meeting of the board of supervisors county of los angeles california tuesday january 24 2023 9 30 a m board hearing room 381b kenneth hahn hall of administration 500 west temple street los angeles california 90012 hilda l solis supervisor first district lindsey p

board of supervisors agenda placer county - Aug 24 2023

board of supervisors agenda tuesday september 26 2023 9 00 a m county administrative center 175 fulweiler avenue auburn ca 95603 bonnie gore district 1 jane christenson county executive officer shanti landon district 2 karin schwab county counsel jim holmes district 3 chair megan wood clerk of the board

board of supervisors meeting calendar for 2022 march - Feb 18 2023

board in session holiday budget hearings begin cancelled march july november board of supervisors meeting calendar for 2022 march december revised 11 1 22 january may september february june october april august december special meeting offsite meetings author millerju created date 11 2 2022 10 13 58 am

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agenda for the regular meeting of the board of supervisors - Oct 14 2022

jul 23 2002 agenda for the regular meeting of the board of supervisors county of los angeles california tuesday february 7 2023 9 30 a m board hearing room 381b kenneth hahn hall of administration 500 west temple street los angeles california 90012 janice hahn chair fourth district hilda l

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board of supervisors agenda tuesday august 23 2022 9 00 a m county administrative center 175 fulweiler avenue auburn ca 95603 bonnie gore district 1 jane christenson acting county executive officer robert weygandt district 2 karin schwab county counsel jim holmes district 3 vice chair megan wood clerk of the board

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board of supervisors butte county ca - Sep 13 2022
board of supervisors meetings begin at 9 am generally are held on the 2nd and 4th tuesday of the month due to holidays and other schedule conflicts the board may meet on alternate tuesdays view the board of supervisors 2023 regular meeting calendar pdf for meeting dates 25 county center drive suite 205 board of supervisors chambers
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