
Dumbbell Exercise Posters

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June 22nd, 2018 - All Productive fitness products are created by fitness experts who are onsite during production to ensure the safest smartest workout possible"**Home Dumbbell Workout Routine by building muscle 101**

June 21st, 2018 - Dumbbell Dead Lift Warm up 1 set of 15 repetitions 3 sets of 12 repetitions Rest about 30 to 40 seconds in between each set Once you ve completed the exercise go to'

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