



TOTAL DUMBBELLS

📅 4 Day 🔁 1 Week

🎯 Fundamentals 📊 Intermediate

OVERVIEW

Grab your dumbbells, and you're good to go. The four-day Total Dumbbells Plan is a one-stop-shop for all-over fitness. Get ready for muscle growth and strength increases with these full-body workouts – featuring a burn-out core challenge.

