

# DUMBBELL UPPER BODY WORKOUT *for Women*

EMILY CRAMER FITNESS

## STANDARD CURL TO WIDE ARM CURL



## BICEP ISO HOLD & CURL



## SKULL CRUSHER (USE A 3:1 TEMPO)



## ROW TO TRICEP KICKBACK



## ALTERNATING ARM DUMBBELL ROW



## L RAISE (HOLD EACH REP 2 SECONDS)



## SHOULDER PRESS TO Y PRESS



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# For Women Only Upper Body Workout

**Terry C. Jones**



**For Women Only Upper Body Workout:**

## **For Women Only Upper Body Workout** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **For Women Only Upper Body Workout**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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