

Allen Tabe's Dumbbell Workout (10 reps each)

- Straight arm lifts from side - palms down
- Bicep curl - thumbs up
- Straight arm lift to front – thumbs up
- Bicep curl – palms up
- Straight arm “V” lifts – thumbs up
- Bicep curl – palms down
- Straight arm lifts from side – thumbs down
- Elbows at sides – rotate arms out – thumbs up
- Upright row - bent arm – palms down - touch at sternum
- Bent arm lift from side – with elbows 90 degrees (smile)
- With raised arms parallel the floor – lift forearms – palms out
- With raised arms – forearms out – touch shoulders w/ thumbs
- With raised arms – forearms out - touch chest – palms down
- With raised arms – forearms out – touch shoulders – palms up
- Pushups from ears – thumbs back
- With straight arms up – side drop to shoulder – palms up
- Straight arm drop to front – thumbs up
- With raised arms – straight arm drop to shoulders – thumbs up
- Behind the head drop
- “Arnold Press” – Hold weights at mouth (palms in) lift weights straight up and you turn hands completely around