

# Movement of the Month Club

DUMBBELLS

For details go to [bit.ly/MOTMCDumbbells](https://bit.ly/MOTMCDumbbells)

Do each move for 60 seconds or 30 seconds on each side.  
Rest 30 seconds. Complete 3 sets.

<b>Day 1</b> Reverse Lunge With Knee Drive	<b>Day 2</b> Overhead March	<b>Day 3</b> Lateral Lunge	<b>Day 4</b> Weighted Drag	<b>Day 5</b> Rainbow Lunge	<b>Day 6</b> Plank Shoulder Tap With Hold	<b>Day 7</b> Dumbbell Workout for Balance
<b>Day 8</b> Hammer Curl	<b>Day 9</b> Reverse Lunge	<b>Day 10</b> Arnold Press	<b>Day 11</b> Front Loaded Squat	<b>Day 12</b> Closed-Grip Press	<b>Day 13</b> Skull Crusher	<b>Day 14</b> Full-Body Dumbbell Workout
<b>Day 15</b> Chest Press	<b>Day 16</b> Hammer Press	<b>Day 17</b> Tabletop Crunch + Reverse Crunch	<b>Day 18</b> Bent-Over Row	<b>Day 19</b> Lat Pullover	<b>Day 20</b> Forearm Plank	<b>Day 21</b> Chest, Back, and Abs Workout
<b>Day 22</b> Deadlift	<b>Day 23</b> Split Squat	<b>Day 24</b> Curtsy Lunge	<b>Day 25</b> Bear Plank to Pike	<b>Day 26</b> Single-Leg Deadlift	<b>Day 27</b> Snatch	<b>Day 28</b> Lower-Body Dumbbell Workout