SHAPE MAGAZINE FULL BODY BARBELL WEIGHT EXERCISES (8-12 repetitions)

http://my.shape.com/servlet/securePdf.dyn?file=/shp/securepdf/SHP_StrengthTraining_PD.pdf

Upper Body
-PUSHUPS: Triceps and Wide grip types
-OVERHEAD PRESS // V-RAISE (both with dumbbells)
-DUMBBELL CHEST PRESS //ALTERNATING CHEST FLY (both with dumbbells)
-TRICEPS KICKBACK //BICEPS CURL (both with dumbbells)

Lower Body
-BASIC SQUAT // SPLIT SQUAT
-SINGLE LEG DEAD-LIFT // LATERAL GOBLET LUNGE (both with dumbbells)
-GOBLET PLIE SQUAT // CURTSY LUNGE (both with dumbbells)
-WEIGHTED BRIDGE // HEAVY LYING ABDUCTION (both with dumbbells)
-JUMP SQUAT // SURRENDER SQUATS

Back and Core
-DUMBBELL DEADLIFT (dumbbells) // REVERSE PLANK UP
-BENT OVER ROW (dumbbells) // PLANK BIRD DOG
-REAR FLY (dumbbells) // V-UP
-PLANK LOW ROW(dumbbells) //RUNNING MAN