

Exercise the right way – dumbbell lunges

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**Exercise the right way – dumbbell lunges**

**By Rick Mitchell**

**Exercise the right way – dumbbell lunges by Rick Mitchell**

In this article we'll take a close look at dumbbell lunges.

MUSCLES TARGETED: quadriceps, gluteals, hamstrings

STARTING POSITION

EXERCISE TECHNIQUE

OTHER EXERCISES WORTH CONSIDERING

A similar effect can be achieved by performing Barbell Lunges.

Bodybuilding Exercises

to learn

more about the issues covered in this article.

**Exercise the right way – one–arm dumbbell rows**

**By Rick Mitchell**

**Exercise the right way – one–arm dumbbell rows by Rick Mitchell**

In this article we'll take a close look at One–Arm Dumbbell Rows.

MUSCLES TARGETED: latissimus dorsi, trapezius (mid), biceps brachialis

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