

**Invisible Dumbbell Stations
Body Building Score Card**

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Exercise	# of Reps	Points Scored
Biceps Curl	_____	_____
Dumbbell Crunch	_____	_____
Dumbbell Twisters	_____	_____
Dumbbell Lunges	_____	_____
Dumbbell Heel Lifts	_____	_____
Bend Ups	_____	_____
Dumbbell Plank Rows	_____	_____
Shoulder Raises	_____	_____
Dumbbell Row	_____	_____
Dumbbell Squats	_____	_____
Dumbbell Triceps Push	_____	_____
Standing Dumbbell Twisters	_____	_____

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Dumbbell Twisters	_____	_____
Dumbbell Lunges	_____	_____
Dumbbell Heel Lifts	_____	_____
Bend Ups	_____	_____
Dumbbell Plank Rows	_____	_____
Shoulder Raises	_____	_____
Dumbbell Row	_____	_____
Dumbbell Squats	_____	_____
Dumbbell Triceps Push	_____	_____
Standing Dumbbell Twisters	_____	_____

Total Points: _____

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Bonus (5,000 Points)

On the back of this paper, define the term **muscular endurance** and use it in a sentence.

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