

# DUMBBELL EXERCISES



## Squat:

- Head up, back straight, knees slightly bent.
- From starting position, slowly squat down until thighs are parallel to floor.
- Brief pause, return to starting point.



## Lunge:

- Stand with left foot forward, feet apart.
- Head up and back straight.
- Slowly drop forward until your back knee almost touches floor.
- DON'T let front knee go beyond toes.
- Switch feet after desired reps or alternate.

## Stiff-Leg Deadlift

- Feet shoulder width, dumbbells in an overhand grip in front of body.
- Head up back straight, slight knee bend.
- Bend at hips, lower dumbbells while keeping back straight, until you feel a stretch in your hamstring.
- Slowly straighten back up while keeping dumbbells close to body.



## Standing calf raise:

- Head up, back straight and with a dumbbell in each hand slowly rise up onto tiptoes.
- Brief pause, return to starting position.



## Side bends:

- Dumbbell in each hand, palms facing legs, bend to one side slowly, as far as you can. Return.
  - Slowly bend to other side as far as you can. Return.
- Note: May be done with dumbbell in one hand and the other hand on hip.



## Weighted crunch:

- Lie on back, knees raised, feet flat on ground.
- Grasp dumbbell with both hands and place flat end on chest.
- Curl forward, using only ab muscles.
- Brief pause, return to starting position.

## Shoulder Press:

- With dumbbells in overhead position, and palms facing forward, lower weights to side of head, keeping elbows turned outward.
- Brief pause, return to starting position.



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# DUMBBELL EXERCISES



## One arm row:

- Hold dumbbell at arms length while supporting yourself with your other hand.
- Back straight, raise dumbbell to hip.
- Brief pause, return to starting position.
- After desired reps, repeat with other arm.



## Chest Press:

- Lie on bench with dumbbells extended above chest, palms facing forward.
- Lower weights to chest, stop with elbows slightly below body.
- Brief pause, return to starting position.

## Kick backs:

- Lean on bench with left knee and palm on bench for support.
- Keep back and upper arm parallel to floor, hold elbow at side.
- Extend arm while keeping elbow fixed.
- Brief pause, return to starting position.
- After desired reps, repeat with other arm.



## Bicep Curl:

- Hold dumbbells at sides with palms facing inward.
- Keep elbow in place, lift dumbbell as you turn palm to face forward.
- Bring dumbbell to shoulder height, brief pause, return to starting position.
- Alternate arms.



## Incline press:

- Lie on bench with weights extended above chest, palms facing forward.
- Lower weights to chest, elbows slightly below body.
- Brief pause, return to starting position.



## Lateral raise:

- Stand with back straight, dumbbells at side, palms facing in.
- Raise dumbbells to shoulder height with elbows slightly bent.
- Brief pause, return to starting position.

## Chest Flye:

- Lie on bench with weights extended directly above chest, palms facing.
- Lower weight to side in a circular motion, bend elbows slightly as you lower weights, stop when elbows are slightly below bench.
- Brief pause, return to starting position.



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# 20 MINUTE TOTAL BODY WORKOUT



## Chest Press:

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- Lower weights to chest, stop with elbows slightly below body.
- Brief pause, return to starting position.



## One arm row:

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- Back straight, raise dumbbell to hip.
- Brief pause, return to starting position.
- After desired reps, repeat with other arm.

## Shoulder Press:

- With dumbbells in overhead position, and palms facing forward, lower weights to side of head, keeping elbows turned outward.
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## Squat:

- Head up, back straight, knees slightly bent.
- From starting position, slowly squat down until thighs are parallel to floor.
- Brief pause, return to starting point.



## Weighted crunch:

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## EXERCISE ADVICE

There are many ways to approach a strength training workout. You can go through each exercise, performing 3 sets of between 6 and 20 reps, and move on to the next exercise. Or you could go through each exercise one time, and repeat two more times.

Or you could choose 4 exercises (always include the squat) and perform a circuit. Start with one exercise doing the movement for 45 seconds, rest for 10 seconds, and go right into the next exercise for 45 seconds, repeat until all four are completed. Then rest 30 to 90 seconds and do the circuit again, rest 30 to 90 seconds, do the circuit a third time.

Prior to any strength training workout, it is recommended to get your body warmed up. Here is a simple and great example of a dynamic warm-up:

- 3 minutes of jump rope (rest as needed if unable to go 3 minutes straight)
- 50 jumping jacks
- 20 body weight squats
- 10 forward leg swings (each leg)

## 2 SECOND WEIGHT CHANGE



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