



















## DUMBBELL STRENGTH WORKOUT I

Fitness Level: *Beginner*

Equipment Needed: *Dumbbells*

Complete 1 to 2 sets of each exercise, depending on your fitness level and time constraints. Rest 30 – 60 seconds between sets.

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EXERCISE	REPS	PICTURES		DESCRIPTION
<b>CRESCENT LUNGE</b> (quadriceps, buttocks, hamstrings)	10 ea leg			<i>Start:</i> Hold on to chair or wall with right hand for support if necessary. Start with left leg about 2 1/2-3 feet in right, both feet pointed forward. Back heel should be off ground slightly, back leg totally straight. Hold dumbbell by side in left hand. <i>Motion:</i> Simply bend and straighten front leg, bending front knee as far as feels comfortable (no more than thigh parallel to floor). <i>Tips:</i> When bending front leg, do not allow front knee to go more forward than front toes. If it goes more forward, start with a bigger distance between legs.
<b>CALF RAISE</b> (calves, improve balance)	10			<i>Start:</i> Hold on to wall with right hand for balance. Hold dumbbell in left hand. Feet hip distance apart. <i>Motion:</i> Rise up on to tippy toes as far as possible. Pause. Slowly return heels to floor. <i>Tips:</i> For added intensity, don't quite let heels touch floor until set is over.
<b>ONE ARM ROW</b> (hamstrings, back, back of shoulders)	10 ea side			<i>Start:</i> Stand near chair or counter, rest left palm on seat or counter, hips and knees soft, hinge from hips to make back flat. Hold dumbbell in right hand, right arm totally straight. <i>Motion:</i> Keeping flat back, bring dumbbell all the way up even with body, keeping elbow in close to body and pointing up toward ceiling. Squeeze shoulder blade throughout motion. Pause. Gently lower arm. Do all reps on one side before changing. <i>Tips:</i> Back flat – soft knees!!
<b>STANDING CHEST FLY</b> (chest, shoulders)	10			<i>Start:</i> Feet hip distance apart, soft bend in knees, stand tall with shoulders back & belly button pulled in. Hold each dumbbell in your hands, just above your ears, palms facing away from you, elbows at 90 degrees (you should look like a goal post). <i>Motion:</i> Pull the elbows and forearms in toward one another so they almost touch while still keeping your 90-degree bend in the elbows. Pause. Return to start. <i>Tips:</i> Keep upper arms parallel to floor during entire set.
<b>BICEPS CURLS</b> (biceps)	10 ea arm			<i>Start:</i> Feet hip distance apart, soft bend in knees, stand tall with shoulders back & belly button pulled in (abs engaged). Hold dumbbells down by side, palms facing away, elbows tucked in to sides of body. <i>Motion:</i> Without swaying the body, bend the elbows and bring your palms up towards your shoulders – but don't touch. Pause. Slowly return to start. <i>Tips:</i> If too challenging, do one arm at a time, alternating.
<b>TRICEPS KICKBACKS</b> (triceps)	10 ea arm			<i>Start:</i> Hold one dumbbell in right hand. Stand with feet hip distance apart, soft bend in the knees. Hinge from the hips and point chest toward ground while keeping flat back, rest left hand on thigh for support. Pull the right elbow up just past the right hip, knuckles facing down. Using your elbow like a pendulum, drive your pinky finger back until you get full extension in the arm. Slowly pendulum elbow back to a bent position. Do all reps on one side before changing sides. <i>Tips:</i> Upper arm must stay parallel to floor throughout – move only from elbow, not shoulder.
<b>BRIDGES</b> (buttocks, quadriceps, hamstrings, abdominals)	10			<i>Start:</i> No dumbbell necessary. Lay flat on back, feet flat on the floor, legs hip distance apart, hands on floor by side. <i>Motion:</i> Push weight into heels as you lift hips up off floor. Pause. Lower hips down slightly, but not all the way to floor until end of set.
<b>OBLIQUE CRUNCHES</b> ("love handle" area)	10 ea side			<i>Start:</i> Remain lying in same position. No dumbbell necessary. Cross right ankle over left knee, place right hand flat on floor by body and left hand behind head. <i>Motion:</i> Tighten abdominal muscles and lift left shoulder off floor, moving it across body toward right knee. Pause. Return to start. Do all reps on one side before changing. <i>Tips:</i> To prevent pulling on neck, keep elbow back and think about reaching shoulder for knee instead of elbow.