

DUMBBELL

EXERCISE PROGRAMME

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THESE EXERCISES BELOW CAN BE PERFORMED WITH YOUR CHOICE OF DUMBBELL, KICKS, PUMPS, CHAIRS, AND EVEN DUMBBELLS.

1. Warm-up exercises are essential to prepare your muscles for the main workout. They help to increase blood flow, warm up the joints, and prevent injury. Perform these exercises for 5-10 minutes before starting the main workout.

2. The main workout should be performed in a circuit. Perform each exercise for a set number of repetitions, then rest for a short period before moving on to the next exercise. This helps to keep your heart rate up and maximizes calorie burn.

3. After the main workout, perform some cool-down exercises to help your muscles recover. These include static stretches and light cardio. This helps to reduce muscle soreness and improve flexibility.

1 Chest press

1. Lie on a flat bench with your feet flat on the floor. Hold the dumbbell with both hands above your chest, elbows bent at 90 degrees. Press the dumbbell straight up until your arms are fully extended. Lower the dumbbell back to the starting position. Repeat for 10-15 reps.

2 Incline chest fly

2. Lie on an inclined bench with your feet flat on the floor. Hold the dumbbell with both hands above your head, arms slightly bent. Bring the dumbbells down in an arc towards your feet, keeping your elbows high. Bring them back up to the starting position. Repeat for 10-15 reps.

3 Pullover

3. Lie on a flat bench with your feet flat on the floor. Hold the dumbbell with both hands above your head, arms slightly bent. Pull the dumbbell down behind your head, keeping your arms straight. Bring it back up to the starting position. Repeat for 10-15 reps.

4 Shoulder press

4. Stand with your feet shoulder-width apart. Hold the dumbbell with both hands in front of your chest, elbows bent at 90 degrees. Press the dumbbell straight up until your arms are fully extended. Lower the dumbbell back to the starting position. Repeat for 10-15 reps.

5 Lateral raise

5. Stand with your feet shoulder-width apart. Hold the dumbbell with both hands in front of your chest, elbows bent at 90 degrees. Raise the dumbbells out to the sides until your arms are parallel to the floor. Lower them back to the starting position. Repeat for 10-15 reps.

6 Upright row

6. Stand with your feet shoulder-width apart. Hold the dumbbell with both hands in front of your chest, elbows bent at 90 degrees. Row the dumbbell up towards your chin, keeping your arms close to your body. Lower it back to the starting position. Repeat for 10-15 reps.

7 Bent over row

7. Bend over at the hips, keeping your back straight. Hold the dumbbell with both hands in front of your chest, elbows bent at 90 degrees. Row the dumbbell up towards your chest, keeping your arms close to your body. Lower it back to the starting position. Repeat for 10-15 reps.

8 Close leg squat

8. Stand with your feet close together. Hold the dumbbell with both hands in front of your chest, elbows bent at 90 degrees. Squat down until your thighs are parallel to the floor. Push back up to the starting position. Repeat for 10-15 reps.

9 Wide leg squat

9. Stand with your feet wide apart. Hold the dumbbell with both hands in front of your chest, elbows bent at 90 degrees. Squat down until your thighs are parallel to the floor. Push back up to the starting position. Repeat for 10-15 reps.

10 Stair lunges

10. Stand with your feet shoulder-width apart. Hold the dumbbell with both hands in front of your chest, elbows bent at 90 degrees. Step forward with your right leg, lowering your back knee to the floor. Push back up to the starting position. Repeat for 10-15 reps.

11 Bump run

11. Stand with your feet shoulder-width apart. Hold the dumbbell with both hands in front of your chest, elbows bent at 90 degrees. Bump the dumbbell forward with your right hand, then your left hand. Repeat for 10-15 reps.

12 Hammer run

12. Stand with your feet shoulder-width apart. Hold the dumbbell with both hands in front of your chest, elbows bent at 90 degrees. Hammer the dumbbell forward with your right hand, then your left hand. Repeat for 10-15 reps.

13 Single and double extension

13. Stand with your feet shoulder-width apart. Hold the dumbbell with both hands in front of your chest, elbows bent at 90 degrees. Perform single and double extension exercises. Repeat for 10-15 reps.

14 Bump and push

14. Stand with your feet shoulder-width apart. Hold the dumbbell with both hands in front of your chest, elbows bent at 90 degrees. Bump the dumbbell forward with your right hand, then push it forward with your left hand. Repeat for 10-15 reps.

15 Abdominal pump

15. Lie on your back with your knees bent and feet flat on the floor. Hold the dumbbell with both hands in front of your chest, elbows bent at 90 degrees. Pump the dumbbell up and down. Repeat for 10-15 reps.

16 Side bend

16. Stand with your feet shoulder-width apart. Hold the dumbbell with both hands in front of your chest, elbows bent at 90 degrees. Bend your torso to the side. Repeat for 10-15 reps.

EXERCISE SCHEDULE

Perform these exercises in a circuit. Perform each exercise for a set number of repetitions, then rest for a short period before moving on to the next exercise. This helps to keep your heart rate up and maximizes calorie burn.

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DUMBBELL EXERCISE PROGRAMME

Weight Training Guides

Rob Price



Weight Training Guides:

Weight Training For Dummies Liz Neporent, Suzanne Schlosberg, Shirley J. Archer, 2011-03-03 A properly executed strength or weight lifting regimen can lower your blood pressure and cholesterol levels stabilize your blood sugar reduce the risk of heart disease increase your strength and more Weight Training For Dummies Third Edition is packed with all the information you need to start your own personalized weight training program and get yourself into peak condition fast You ll find out about Circuit and resistance training 20 minute weight training routines The newest and best weight training equipment Combining weight training with other exercise Gender differences in weight training goals and routines Specific approaches for baby boomers and seniors just starting out Using weight training to address specific health conditions Preventing injuries Weight training for children and teens If you re getting pumped about weight training don t delay Buy Weight Training for Dummies Third Edition today and you ll be in shape in no time

Weight Training Thomas R. Baechle, Roger W. Earle, 2011-11-11 Take the guesswork out of strength training and understand the details of proper exercise technique weight loads and reps The no nonsense approach of Weight Training Steps to Success has guided more than 200 000 readers to their strength training goals and it will do the same for you Combining the experience of strength and conditioning experts Thomas Baechle and Roger Earle this guide will maximize your development with a progressive approach to weight training using either free weights or machines Learn which exercises target which muscles and how to perform each one correctly and safely Gain insight on how to eat smart to maximize results and follow the step by step directions to calculate safe training loads and design an overall training program that fits your interests and training preferences Whether your goal is to improve muscular endurance build strength increase muscle mass tone existing muscles or reduce body fat Weight Training Steps to Success will help you be successful With more than 30 exercises each explained and demonstrated through full color photo sequences along with guidance on how to approach introductory workouts and create a tailored training program it s no wonder this is the book that thousands will use to develop a strong healthy and attractive body

The Complete Idiot's Guide to Weight Training Deidre Johnson-Cane, Joe Glickman, Jonathan Cane, 2002-12-01 This text aims to be useful to those looking for an approachable beginner s guide to lifting weights The book is issued in the illustrated format where photographs and line illustrations are given as much attention as the easy to read text The guide includes multiple exercises for all the major muscle groups photographs depicting the beginning midpoint and ending positions for each exercise and photographs depicting the most common mistakes in executing various exercises allowing readers to learn from others mistakes

The Ultimate Guide to Weight Training for Sports (Enhanced Edition) , *The Complete Idiot's Guide to Weight Training, Illustrated, 4th Edition* Deidre Cane, Jonathan Cane, 2012-12-04 The Complete Idiot s Guide to Weight Training Illustrated Fourth Edition is for both novice and intermediate gym workouts Multiple exercises are explained with step by step instructions using well over 300 illustrations in this large trim easy to read

training guide Every muscle group is worked and every piece of equipment one is likely to find in gyms is fully explained and illustrated

The Ultimate Guide to Weight Training for Sports Robert G. Price, 2003 This is the most comprehensive and up to date sport specific training guide in the world today It contains descriptions and photographs of over 80 of the most effective weight training flexibility and abdominal exercises used by athletes world wide This book features 54 sport specific weight training programs guaranteed to improve your performance and get you results No other sports book to date has been so well designed so easy to use and so committed to weight training This book takes athletes from the off season to the in season and is loaded with dozens of tips and pointers to help you maximise your training and improve your performance Both beginners and advanced athletes and weight trainers can follow this book and utilise its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too

The Ultimate Guide to Weight Training for Wrestling Rob Price, 2014-05-14 The Ultimate Guide to Weight Training for Wrestling is the most comprehensive and up to date wrestling specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features year round wrestling specific weight training programs guaranteed to improve your performance and get you results No other wrestling book to date has been so well designed so easy to use and so committed to weight training This book was designed for wrestlers of all weight classes and skill levels to increase power quickness flexibility and stamina By following the programs in this book you will be able to maneuver around your opponents effortlessly and pin them more easily You will be able to maintain a high intensity throughout the entire match without ever running out of energy Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too

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The Ultimate Guide to Weight Training for Golf Past 40 Rob

Price,2014-05-14 The Ultimate Guide to Weight Training for Golf Past 40 is the most comprehensive and up to date golf specific training guide for adults over 40 in the world today It contains descriptions and photographs of over 80 of the most effective weight training flexibility and abdominal exercises used by athletes who are looking to stay in shape and sharpen their game This book features year round golf specific weight training programs designed specifically to meet the needs of golfers over 40 and is guaranteed to improve your performance and get you results No other golf book to date has been so well designed so easy to use and so committed to weight training This book enables golfers past 40 of all skill levels to add extra yardage to their drives and irons without having to buy the latest technology in golf By following this program you can develop the flexibility and strength required to eliminate fatigue and increase distance with every club in your bag With stronger and more flexible muscles you will not only hit the ball farther but you will have better control over all of your shots throughout the round Most importantly you will reduce your chances of injury and be able to play 18 holes without any problems Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too

The Ultimate Guide to Weight Training for Field Hockey Rob Price,2014-05-14 The Ultimate Guide to Weight Training for Field Hockey is the most comprehensive and uptodate field hockeyspecific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features yearround field hockeyspecific weighttraining programs guaranteed to improve your performance and get you results No other field hockey book to date has been so well designed so easy to use and so committed to weight training This book will have players increasing speed strength agility and stamina resulting in improved scoops flicks and hits By following this program you will improve your game considerably and will have the endurance to go strong all the way until the final whistle Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin He is a national weight lifting champion and state bench press record holder who has been featured in newspapers and magazines all over the world including the USA Today for his sportstraining expertise Rob is a contributing author to Golf Fitness Magazine Swimmer s World Magazine US Bowler Magazine and OnFitness magazine and is the founder and head trainer of SportsWorkout com s eTraining service In addition to being an internationally recognized fitness expert Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars

The Ultimate Guide to Weight Training for Baseball and Softball Rob Price,2014-05-14 This is an absolute must have for any coach trainer or competitive baseball or softball player serious about taking his or her abilities to the next level With In season Off season and Preseason weight training programs designed

specifically for baseball and softball you can train properly year round This brand new edition also includes over 50 four week bonus training programs Thousands of baseball and softball players from high school to the pros are already following these same programs and are maximising their abilities By doing exercises designed to train your baseball specific muscles you will strengthen your throwing arm increase your bat speed and power increase speed quickness and agility and prevent injuries

The Ultimate Guide to Weight Training for Track and Field Robert G. Price, 2011-04-08 The Ultimate Guide to Weight Training for Track and Field is the most comprehensive and up to date track and field specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features year round track and field specific weight training programs guaranteed to improve your performance and get you results Athletes of all events from sprinting to shot put have used and benefited from the information in this text No other track and field book to date has been so well designed so easy to use and so committed to weight training This book will have all types of track field athletes increasing speed flexibility power strength and endurance unlike any book before it No longer will you find yourself becoming tired at the end of an event or losing distance on javelin or discus throws due to fatigue By following this program you will eclipse your previous records and eliminate unnecessary injuries Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin He is a national weight lifting champion and state bench press record holder who has been featured in newspapers and magazines all over the world including the USA Today for his sport training expertise Rob is a contributing author to Golf Fitness Magazine Swimmer's World Magazine US Bowler Magazine and OnFitness magazine and is the founder and head trainer of SportsWorkout.com's eTraining service In addition to being an internationally recognized fitness expert Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars

The Ultimate Guide to Weight Training for Boxing Rob Price, 2012-02-12

Strength Training Bible for Women David Kirschen, William Smith, 2016-10-18 A comprehensive easy to understand guide to mastering the basics of weight lifting and barbell training at home or at the gym created specifically for women Stop looking for the perfect program and start working towards your goals with an exercise regimen designed to help you reach the next level in physical fitness Top strength training professionals will show you how to craft powerful workouts that are tailored to your unique goals Experts agree the fastest and most effective way to build strength and enhance muscle tone is to lift weights This all in one woman's guide to building strength and toning up will show you how to Build muscle and definition while increasing endurance and energy Achieve perfect form with detailed step by step exercise instructions Turn your home work space or garage into a fully functional weight room Reach long time fitness goals and maintain definition

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The Ultimate Guide to Weight Training for Baseball Rob Price,2014-05-14 The Ultimate Guide to Weight Training for Baseball is the most comprehensive and up to date baseball specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features year round baseball specific weight training programs guaranteed to improve your performance and get you results No other baseball book to date has been so well designed so easy to use and so committed to weight training This book will have players increasing arm strength bat speed and overall quickness and power on the diamond leading to an increase in batting average onbase percentage steals and overall performance You will

build the strength and power needed to hit the ball out of the park and you will build the stamina and endurance needed to go strong until the final pitch Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too *The Ultimate Guide to Weight Training for Tennis* Rob Price,2014-05-14 A program for exercising more efficiently by targeting the muscles you use specifically for tennis **Practical Strength Training Guide for Self-Defense & Martial Arts** Ralph Haenel,2016-08-25 The practical strength training guide for Wing Tsun Kung Fu Wing Chun Ving Tsun practitioners and fitness enthusiasts Step by step explanations of exercises Striking power for self defense and martial arts Now with bonus chapter about fundamental kettlebell training **The Ultimate Guide to Weight Training for Hockey** Rob Price,2014-05-14 The Ultimate Guide to Weight Training for Hockey is the most comprehensive and uptodate hockeyspecific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features yearround hockeyspecific weighttraining programs guaranteed to improve your performance and get you results No other hockey book to date has been so well designed so easy to use and so committed to weight training This book will have players increasing speed strength power agility and stamina while reducing chances of injury This book guarantees more velocity and accuracy on slap shots more power on checks and more endurance making it possible to give it your all until the final whistle Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin He is a national weight lifting champion and state bench press record holder who has been featured in newspapers and magazines all over the world including the USA Today for his sportstraining expertise Rob is the featured hockey fitness expert at the Sports Learning Edge which is partnered with NHL com and is a contributing author to Golf Fitness Magazine Swimmer s World Magazine US Bowler Magazine and OnFitness magazine Rob is also the founder and head trainer of SportsWorkout com s eTraining service In addition to being an internationally recognized fitness expert Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars

This book delves into Weight Training Guides. Weight Training Guides is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Weight Training Guides, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Weight Training Guides
 - Chapter 2: Essential Elements of Weight Training Guides
 - Chapter 3: Weight Training Guides in Everyday Life
 - Chapter 4: Weight Training Guides in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Weight Training Guides. The first chapter will explore what Weight Training Guides is, why Weight Training Guides is vital, and how to effectively learn about Weight Training Guides.
3. In chapter 2, the author will delve into the foundational concepts of Weight Training Guides. This chapter will elucidate the essential principles that must be understood to grasp Weight Training Guides in its entirety.
4. In chapter 3, the author will examine the practical applications of Weight Training Guides in daily life. This chapter will showcase real-world examples of how Weight Training Guides can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Weight Training Guides in specific contexts. This chapter will explore how Weight Training Guides is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Weight Training Guides. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Weight Training Guides.

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