



HOME WORKOUT WITH DUMBBELLS

THIS WORKOUT IS DESIGNED TO BE DONE AT HOME WITH DUMBBELLS. OR A KETTLEBELL, SOME EXERCISES CAN BE MODIFIED.

EXERCISES

EXERCISE IMAGES ARE THERE TO DETAIL HOW TO EXECUTE THEM CORRECTLY, WITH CORROSPONDING NOTES.

SETS

A GROUP OF REPETITIONS TO BE PERFORMED.

REPS

A SINGLE EXECUTION OF AN EXERCISE

HOW OFTEN SHOULD I WORKOUT?

HOW EVER MUCH YOU'D LIKE! WITH THIS WORKOUT SPLIT I'D SUGGEST AT LEAST DOING ALL 3 SESSIONS MINIMUM. ANY SESSIONS DONE AFTER THIS IS A BONUS.

WHAT IF I'M STILL SORE FROM THE LAST SESSION?

REST OR WORKOUT THE MUSCLES WHICH AREN'T SORE.

HOME WORKOUT WITH DUMBBELLS

PUSH

EXAMPLE	EXERCISE & NOTES	SETS	REPS
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Press Ups



Engage core to keep a straight posture. Allow elbows to flare outwards slightly.

Timestamp - 0:19 RES: 1:2-3 Mins

PRESS UPS

CAN DO KNEELING OR LEANING PRESS UPS

4

8-20

Dumbbell Press



Arch your back slightly, squeezing your lats together as you press. Elbows slightly angled downwards, dipping only just below shoulder level.

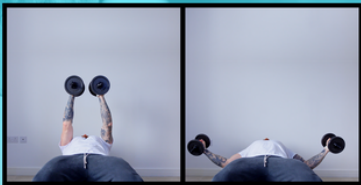
Timestamp - 2:17 RES: 1:2-3 Mins

DUMBBELL PRESS

4

10-12

Dumbbell Chest Fly



Slight bend in the arms, slow and controlled movement. Do not let the dumbbells drop below shoulder level.

Timestamp - 2:28 RES: 1:2-3 Mins

DUMBBELL CHEST FLY

4

10-15

Dumbbell Overhead Press



Engage core to keep a straight back. You can angle elbows slightly forward if uncomfortable. Do not let dumbbells dip below ear height.


Timestamp - 0:50 RES: 1:2-3 Mins

DUMBBELL OVERHEAD PRESS

4

10-15

Tricep Dips



Try to get a 90° bend in the elbow. The closer your legs, the easier the movement will be. Slight pause and squeeze at the end of each rep.

Timestamp - 2:07 RES: 1:2-3 Mins

TRICEP DIPS

4

8-15

Dumbbell Lateral Raises



Slight bend in the arms, do not let the dumbbells go above shoulder height. Slow and controlled to reduce any momentum.

Timestamp - 0:41 RES: 1:1-2 Mins

DUMBBELL LATERAL RAISES

4

10-15

HOME WORKOUT WITH DUMBBELLS

PULL

EXAMPLE	EXERCISE & NOTES	SETS	REPS
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Dumbbell Bent Over Row



Allow your shoulders to get pulled forward each rep by relaxing, then pull up and back towards your pocket. Keep your back straight throughout.

Timestamp=3:19 | REPS: 2/3 | Mins

DUMBBELL ROWS

4

10-14

Bent Over Dumbbell Fly



Pull the weight up and back, really squeezing your back at the top of each rep. Only a low amount of weight required.

Timestamp=2:57 | REPS: 2 | Mins

BENT OVER DUMBBELL FLY

DO NOT NEED HIGH WEIGHT WITH THIS EXERCISE

4

10-12

Dumbbell Shrugs



Pull up and back with a slight bend in the elbow. Pause slightly at the top and squeeze your traps together, let your arms relax each rep.

Timestamp=1:00 | REPS: 1/2 | Mins

DUMBBELL SHRUGS

3

10-15

Alternating Bicep Curls



Keep the movement slow and controlled throughout. Aiming to get a flat wrist at the top of each rep.

Timestamp=0:58 | REPS: 1/2 | Mins

ALTERNATING BICEP CURLS

4

10-15

Alternating Hammer Curls



Sweep across the body with slow and controlled reps. Try to keep elbows in a fixed position without using momentum.

Timestamp=1:01 | REPS: 1/2 | Mins

ALTERNATING HAMMER CURLS

4

10-15

Leg Raises



Keep your legs straight and do not let them touch the floor. Hand placement should be under your bum. To increase intensity, place hands to the side.

Timestamp=4:08 | REPS: 2/3 | Mins






LEG RAISES

4

8-20

HOME WORKOUT WITH DUMBBELLS

LEGS

EXAMPLE	EXERCISE & NOTES	SETS	REPS
 <p>Goblet Squats</p> <p>Keep your back straight, engaging your core. Push through your heels with a stance slightly wider than shoulder width. Aim for 90° bend in the knees.</p> <p>Timestamp: 1:18 RES: 1:28 Mins</p>	<p>GOBLET SQUATS</p>	<p>4</p>	<p>8-15</p>
	<p>SIDE LUNGE</p>	<p>3</p>	<p>8-15</p>
 <p>Glute Drive</p> <p>Try to isolate your glutes to push your hips up. Try to relax your lower back as much as possible. Slight pause and squeeze at the top.</p> <p>Timestamp: 4:31 RES: 1:21 Mins</p>	<p>GLUTE DRIVE</p>	<p>4</p>	<p>8-15</p>
 <p>Romanian Deadlift</p> <p>Push your hips back with only a slight bend in the knees. Back should remain straight as you use your hamstrings to pull up. Dumbbells should remain in line with your toes throughout. If you do not feel your hamstrings activate, straighten your legs more.</p> <p>Timestamp: 1:27 RES: 1:21 Mins</p>	<p>ROMANIAN DEADLIFTS</p>	<p>4</p>	<p>10-15</p>
 <p>Calf Raises</p> <p>Use a raised surface if possible, such as a staircase as seen in the photo. Let your heels dip below your toes, push up with a slight pause at the top.</p> <p>Timestamp: 4:7 RES: 1:21 Mins</p>	<p>CALF RAISES</p> <p>CAN USE STAIRCASE FOR EASY EXECUTION</p>	<p>4</p>	<p>12-20</p>