



Full Body Dumbbell Workout

Introduction

My Name is Dave and I have created this plan to Show you that you can have one piece of equipment and still have a good workout that will burn fat, build muscle, and get you breathing heavy. You will be able to use this plan again and again.

What to expect

- 2 easy to follow full body workouts using a dumbbell.
- It will be very easy to follow and understand.
- Not all exercises will need the dumbbell.
- Most of all, it will make the gym fun.

How to:

Each workout is a circuit. Each exercise should be done one after the other for 1 minute each. Once you have completed the exercises this is when you rest for 2 minutes and then repeat the circuit 3 more times. If you must rest during the minute work then that's absolutely fine but try to keep these rests to a minimum, also if you feel you need to miss an exercise out to help catch your breath then that's fine too. If you only manage it once round, then challenge yourself the next time to go 2 full rounds or if you find yourself missing exercises out to get your breath try to get a few reps done the next time round. All progress no matter how small, is progress!

Please remember to warm up before each workout with some light cardio and dynamic stretches, and cool down afterward with some static stretches. Additionally, listen to your body and modify exercises if needed to avoid any discomfort or pain. Before starting any exercise plan consult your doctor.

Thank you for choosing DR Fitness and Nutrition

Dave

Circuit 1:

Seated Shoulder Press
Goblet Squat
Russian Twist
Press Ups
Dumbbell Jump Overs
Dead Bug

Circuit 2:

Dumbbell Swings
Lunges
Bear Crawl
Panther Taps
Thrusters
Leg lifts over Dumbbell

How To:

Seated Shoulder Press – From a seated position, grab the dumbbells with your palms facing forward, hold them at shoulder height making sure your elbows and wrists are directly underneath. From this position press the weight straight up, try not to flare your elbows out to the side, once your arms are fully extended return to the start position.

Goblet Squat – Hold the dumbbell in both hands and hold it a few inches away from your chest, your feet need to be a bit wider than shoulder width, bend at the knees and lower your hips towards the floor, keep your heels flat on the floor and don't let your knees cave inwards, once you are at the bottom of the movement push up through your heel and mid foot back to the start position.

Russian twists – Sit on the floor with your feet flat on the floor so your knees are bent, lean back slightly and while remaining in this position twist at the core to touch one side next to you then twist to touch the other side.

Press Ups – In a prone position put your hands flat on the floor at shoulder width, brace your core and lower your chest to the floor (or as close as you can comfortably get), Push yourself back up to the start position.

Dumbbell Jump Overs – Put the Dumbbell on the floor and stand laterally to it, with both feet together jump over the dumbbell landing on the other side, jump back to the starting side a repeat.

Dead Bug – In a supine position lift your arms, shoulder blades and legs off the floor so the only part of you touching the floor is your lower back and glutes. Hold that position for as long as possible. If you're struggling bring your knees and/or your elbows to your chest.

Dumbbell Swings – Stand with feet hip width apart. Half squat and grab hold of the dumbbell with one arm. Brace the core and hike back, allowing the dumbbell to swing back in between your legs, then squeeze the glutes and swing the dumbbell to chest height.

Lunges – Keep your torso straight and step forward with an exaggerated step, your back knee should touch the floor, your back foot then pushes away from the floor and bring it in line with your front foot, so you are stood upright again, repeat with the other leg.

Bear Crawl – Start in a push-up position. Hands are beneath the shoulders, your core is engaged. The feet should be hip distance apart with heels off the floor. Move forward by simultaneously moving the right hand and the left leg in a crawling motion. Your knees never touch the ground. Switch sides immediately after placing weight on the right hand and left leg, moving the left hand and right leg forward. Continue in a crawling motion, moving forward for your desired number of steps or distance.

Panther Taps – In a prone position put your hands flat on the floor at shoulder width, brace your core, brace your core and touch your left shoulder with your right hand, then your right shoulder with your left hand

Thrusters – Hold your dumbbell in both hands about chest height, perform a goblet squat but when you get to the start position of the squat push the dumbbell up to the ceiling as if performing a shoulder press, return the dumbbell back to chest height and repeat.

Leg Lifts – Place the dumbbell on the floor, sit opposite the dumbbell with feet together to one side, keeping your feet together brace your core and lift your feet over the dumbbell and to the other side, once you touch the other side return back to the start and repeat.