

BEGINNER #921

DAY 1 LEGS/SHOULDERS



3 sets of 8-12 reps using light weight.

DUMBBELL FRONT BENCH SQUAT



- Stand up in front of a flat bench. Grasp a dumbbell in each hand with your palms facing the side of your legs
- Set your legs shoulder width apart with the toes pointed out slightly.
- Bend your knees and slowly lower your torso, keeping your back straight and eyes up at all times. Continue moving down until you touch the bench behind you. Inhale as you perform this step.
- Push through your heels and start to raise your body upward moving back to into the starting position.
- Repeat for the desired number of reps.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

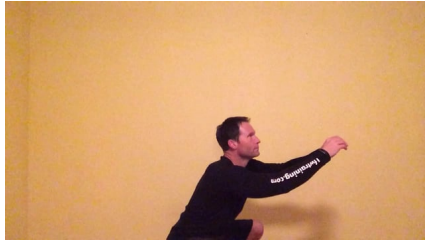
DUMBBELL SHOULDER PRESS - HAMMER GRIP



- Position your feet shoulder width apart. Begin with dumbbells in both hands with your palms facing towards your body and dumbbells at your shoulders with elbows positioned directly under your wrists
- Press the dumbbells up overhead until your arms are completely straight and pause
- Slowly bend your elbows and lower your arms to return dumbbells to your shoulders, back to starting position
- Repeat for total number of reps

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

BODY WEIGHT SQUAT



- Stand upright with your feet shoulder width apart, toes slightly pointed outward, and hands at your sides.
- Lower your body by squatting down, keeping your chest & eyes up in front of you.
- Focus on keeping weight on heels and pushing through them to return to starting position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

Alternating Dumbbell Lateral Raises



- * Stand upright with your arms to your sides.
- 1. Lift one dumbbell until it is perpendicular with your shoulder.
- 2. Do one rep on one side, then alternate to your other arm.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DAY 2 CHEST/BICEPS



3 sets of 8-12 reps using light weight.

DUMBBELLS ALTERNATING BICEP CURLS WITH TWIST



- Stand upright with an engaged core, palms facing your body (hammer grip).
- Slowly curl one arm up to your shoulder.
- Midway through the curl, rotate the wrist so it faces your body at the top of the movement.
- Pause for a second and slowly return the dumbbells to the starting position, rotating back to a hammer grip midway through the movement.
- Alternate this movement between arms until you reach your desired reps.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DUMBBELL UNILATERAL FLAT BENCH HAMMER GRIP CHEST PRESS



- Hold a dumbbell close to your chest and lie back on a bench. The palm of your hand will be facing towards your body. Bring your arm to 90 degrees.
- Exhale as you push the dumbbell up using your pectoral muscles. Lock your arm and hold for a second before slowly returning to the starting position.
- Keep control of the dumbbell at all times.
- Repeat for desired reps, then switch sides.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DUMBBELL SEATED HAMMER CURLS



- Sit on a bench with torso upright and core engaged, holding a dumbbell in both hands straight down by your side (keep your elbows close to your torso)
- Exhale and curl the weights towards your shoulders while contracting the biceps.
- Pause at the top of the movement and squeeze the biceps.
- Inhale and slowly lower to starting position.
- Repeat for total number of reps.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DUMBBELL FRONT SWING



- Position feet slightly wider than shoulder width apart. Straighten your back press your shoulder blades down and away from your ears, while holding your core tight
- Bending your knees to 45 degrees as you hinge your hips back and lean your torso forward. Simultaneously swing the dumbbell between your legs allowing it to extend back until it is under your glutes
- Press through your feet as you straighten your legs, pushing hips forward in explosive motion
- Swing dumbbell up past chest level with both arms extended straight in front of you and over your head
- Slowly lower the dumbbell between legs again bending your knees and hinging your hips back
- Repeat for number of reps

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DAY 3 BACK/TRICEPS



3 sets of 8-12 reps using light weight

DUMBBELLS TRICEP KICKBACKS



- Start with dumbbells in your hands, palms facing your body. Keep your back straight with a slight bend in knees and bend forward at the waist with your torso almost parallel to the floor. Arms at 90 degree angle between forearm and upper arm.
- Keep your elbow by your side and exhale while you use your triceps to lift the dumbbell until the arm is fully extended behind you.
- Pause at the top of the contraction, inhale and slowly lower the dumbbell.
- Repeat for total number of reps.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DUMBBELL BENT OVER ROW



- Kneel over side of bench by placing left knee and left hand on bench for support
- Position right foot slightly back to side and grasp dumbbell with right hand palm facing body
- While keeping your back flat and torso stationary pull dumbbell straight up to side of your chest, squeezing your back muscles
- Return dumbbell slowly until arm is extended and shoulder is stretched downward
- Repeat for number of reps and other side

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

DUMBBELL LYING CROSS BODY TRICEP EXTENSION



- Take a dumbbell in one hand and lay down on the floor or weight bench.
- Lift the dumbbell straight up in the air (above your shoulder), elbow is pointed away from your body.
- Inhale, bend the elbow and lower the weight slowly to the opposite shoulder.
- Exhale, lift the dumbbell and return to the starting position.
- Repeat for desired reps, then switch sides.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

Crunch



1. Lie flat on your back and place your hands behind your head.
2. Lift your head and shoulders off the floor, keeping your feet flat on the floor.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			