

DUMBBELL EXERCISE CHART



01 FARMER'S WALK
Pick up the heaviest dumbbells you can carry and walk forward for 30 seconds. This exercise builds strength in your back, neck, shoulders, and core.



02 LATERAL RAISE
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



03 BENT-OVER REVERSE FLY
Bend over at the hips, keeping your back straight. Lift a dumbbell from the floor to shoulder height with both arms, then switch sides. This exercise builds strength in your back and shoulders.



04 DUMBBELL SHRUG
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



05 BOTTOM-UP KETTLEBELL PRESS
Stand with feet shoulder-width apart. Lift a kettlebell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



06 PUSH PRESS
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



07 MILITARY PRESS
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



08 SNATCH-GRASP SHRUG
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



09 KNEELING PRESS
Kneel with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



10 SNATCH-GRASP HIGH PULL
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



11 NEUTRAL-GRASP FLOOR PRESS
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



12 LYING PRESS
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



13 BENCH PRESS
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



14 INCLINE BENCH PRESS
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



15 BULLSEYE PRESS
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



16 SUSPENSION PUSH-UP
In a push-up position with feet shoulder-width apart, lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



17 INCLINE FLY
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



18 TRICEPS DIP
In a dip position with feet shoulder-width apart, lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



19 DECLINE PUSH-UP
In a push-up position with feet shoulder-width apart, lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



20 BENCH BALL PUSH-UP
In a push-up position with feet shoulder-width apart, lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



21 PULL-UP
Hang from a pull-up bar with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



22 BURPEE DEADLIFT
In a burpee position with feet shoulder-width apart, lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



23 MEADOWS ROW
In a rowing position with feet shoulder-width apart, lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



24 SINGLE-ARM ROW
In a rowing position with feet shoulder-width apart, lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



25 BENT-OVER ROW
In a rowing position with feet shoulder-width apart, lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



26 LYING ROW
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



27 BACKING
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



28 INVERTED ROW
In an inverted rowing position with feet shoulder-width apart, lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



29 CHIN-UP
Hang from a chin-up bar with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.



30 WIDE-GRASP PULL-UP
Hang from a pull-up bar with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then switch sides. This exercise builds strength in your shoulders and core.

Exercise Dumbbells Manual

Zhe Xu



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