

DUMBBELL EXERCISE CHART



01 FARMER'S WALK
Pick up the heaviest dumbbells you can carry and walk forward. Keep your back straight and your feet close together. Walk for 30 seconds, then rest for 30 seconds. Repeat.



02 LATERAL RAISE
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Raise the dumbbells out to the sides, until your arms are parallel to the floor. Lower the dumbbells back down. Repeat.



03 BENT-OVER REVERSE FLY
Bend over at the hips, holding a dumbbell in each hand. Raise the dumbbells up behind your head, until your arms are parallel to the floor. Lower the dumbbells back down. Repeat.



04 DUMBBELL SHRUG
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Shrug your shoulders up towards your ears. Lower the dumbbells back down. Repeat.



05 BOTTOM-UP KETTLEBELL PRESS
Stand with feet shoulder-width apart, holding a kettlebell in each hand. Press the kettlebells up from the floor, until your arms are extended overhead. Lower the kettlebells back down. Repeat.



06 PUSH PRESS
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



07 MILITARY PRESS
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



08 SNATCH-GRASP SHRUG
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Shrug your shoulders up towards your ears. Lower the dumbbells back down. Repeat.



09 KNEELING PRESS
Kneel with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



10 SNATCH-GRASP HIGH PULL
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Pull the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



11 NEUTRAL-GRASP FLOOR PRESS
Lie on your back with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



12 LANCING PRESS
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



13 BENCH PRESS
Lie on your back with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



14 INCLINE BENCH PRESS
Lie on your back with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



15 BULLSEYE PRESS
Lie on your back with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



16 SUSPENSION PUSH-UP
In a push-up position with feet shoulder-width apart, hold a suspension strap in each hand. Press the straps up from the floor, until your arms are extended overhead. Lower the straps back down. Repeat.



17 INCLINE FLY
Lie on your back with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



18 TRICEPS DIP
In a dip position with feet shoulder-width apart, hold a dumbbell in each hand. Press the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



19 DECLINE PUSH-UP
In a push-up position with feet shoulder-width apart, hold a dumbbell in each hand. Press the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



20 BENCH BALL PUSH-UP
In a push-up position with feet shoulder-width apart, hold a dumbbell in each hand. Press the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



21 PULL-UP
Hang from a pull-up bar with feet shoulder-width apart, holding a dumbbell in each hand. Pull the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



22 BURPEE DEADLIFT
In a burpee position with feet shoulder-width apart, hold a dumbbell in each hand. Press the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



23 MEADOWS ROW
In a rowing position with feet shoulder-width apart, hold a dumbbell in each hand. Pull the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



24 SINGLE-ARM ROW
In a rowing position with feet shoulder-width apart, hold a dumbbell in each hand. Pull the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



25 BENT-OVER ROW
In a rowing position with feet shoulder-width apart, hold a dumbbell in each hand. Pull the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



26 LANCING ROW
In a rowing position with feet shoulder-width apart, hold a dumbbell in each hand. Pull the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



27 BACKING
In a backing position with feet shoulder-width apart, hold a dumbbell in each hand. Pull the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



28 INVERTED ROW
In an inverted rowing position with feet shoulder-width apart, hold a dumbbell in each hand. Pull the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



29 CHIN-UP
Hang from a chin-up bar with feet shoulder-width apart, holding a dumbbell in each hand. Pull the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.



30 WIDE-GRASP PULL-UP
Hang from a pull-up bar with feet shoulder-width apart, holding a dumbbell in each hand. Pull the dumbbells up from the floor, until your arms are extended overhead. Lower the dumbbells back down. Repeat.

Exercise Dumbbells Manual

Daniel F McAuley



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