

DUMBBELL EXERCISE CHART



01 FARMER'S WALK
Pick up the heaviest dumbbells you can carry and walk forward for 30 seconds. Repeat 3 times.



02 LATERAL RAISE
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



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. Repeat 10 times.



04 DUMBBELL SHRUG
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



05 BOTTOM-UP KETTLEBELL PRESS
Stand with feet shoulder-width apart. Lift a kettlebell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



06 PUSH PRESS
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



07 MILITARY PRESS
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



08 SNATCH-GRASP SHRUG
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



09 KNEELING PRESS
Kneel with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



10 SNATCH-GRASP HIGH PULL
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



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. Repeat 10 times with each arm.



12 LUNGE PRESS
Lunge with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



13 BENCH PRESS
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



14 INCLINE BENCH PRESS
Lie on an incline bench with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



15 BULLSEYE PRESS
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



16 SUSPENSION PUSH-UP
Suspend yourself on a suspension trainer with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



17 INCLINE FLY
Lie on an incline bench with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



18 TRICEPS DIP
Suspend yourself on a suspension trainer with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



19 DECLINE PUSH-UP
Suspend yourself on a suspension trainer with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



20 MEDICINE BALL PUSH-UP
Suspend yourself on a suspension trainer with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



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. Repeat 10 times with each arm.



22 OUTRAGE DEADLIFT
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



23 MEADOWS ROW
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



24 SINGLE-ARM ROW
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



25 BENT-OVER ROW
Bend over at the hips, keeping your back straight. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



26 LUNGE ROW
Lunge with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



27 BACKWING
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



28 INVERTED ROW
Suspend yourself on a suspension trainer with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm. Repeat 10 times with each arm.



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. Repeat 10 times with each arm.



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. Repeat 10 times with each arm.

Dumbbell Workout Guide

SA Adler

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the SA Adler text.

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