

DUMBBELL EXERCISE CHART



01 FARMER'S WALK
Pick up the heaviest dumbbells you can carry and walk forward. Keep your back straight and your core tight. Walk for 30 seconds, then rest for 30 seconds. Repeat for 3 sets.



02 LATERAL RAISE
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Raise the dumbbells out to the sides at shoulder height. Lower them back down and repeat for 12-15 reps.



03 BENT-OVER REVERSE FLY
Bend over at the hips, holding a dumbbell in each hand. Raise the dumbbells up and out to the sides. Lower them back down and repeat for 12-15 reps.



04 DUMBBELL SHRUG
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Shrug the shoulders up towards the ears. Lower them back down and repeat for 12-15 reps.



05 BOTTOM-UP KETTLEBELL PRESS
Stand with feet shoulder-width apart, holding a kettlebell in each hand. Press the kettlebells up from the floor. Lower them back down and repeat for 12-15 reps.



06 PUSH PRESS
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up from the shoulders. Lower them back down and repeat for 12-15 reps.



07 MILITARY PRESS
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up from the shoulders. Lower them back down and repeat for 12-15 reps.



08 SNATCH-GRASP SHRUG
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Shrug the shoulders up towards the ears. Lower them back down and repeat for 12-15 reps.



09 KNEELING PRESS
Kneel with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up from the shoulders. Lower them back down and repeat for 12-15 reps.



10 SNATCH-GRASP HIGH PULL
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Pull the dumbbells up from the floor. Lower them back down and repeat for 12-15 reps.



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. Lower them back down and repeat for 12-15 reps.



12 LYING PRESS
Lie on your back with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up from the shoulders. Lower them back down and repeat for 12-15 reps.



13 BENCH PRESS
Lie on your back with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up from the shoulders. Lower them back down and repeat for 12-15 reps.



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 shoulders. Lower them back down and repeat for 12-15 reps.



15 BULLSEYE PRESS
Lie on your back with feet shoulder-width apart, holding a dumbbell in each hand. Press the dumbbells up from the shoulders. Lower them back down and repeat for 12-15 reps.



16 SUSPENSION PUSH-UP
Get into a push-up position with feet shoulder-width apart, holding a suspension trainer in each hand. Push the suspension trainers up. Lower them back down and repeat for 12-15 reps.



17 INCLINE FLY
Lie on your back with feet shoulder-width apart, holding a dumbbell in each hand. Pull the dumbbells up towards the chest. Lower them back down and repeat for 12-15 reps.



18 TRICEPS DIP
Get into a dip position with feet shoulder-width apart, holding a dumbbell in each hand. Push the dumbbells up. Lower them back down and repeat for 12-15 reps.



19 DECLINE PUSH-UP
Get into a push-up position with feet shoulder-width apart, holding a dumbbell in each hand. Push the dumbbells up. Lower them back down and repeat for 12-15 reps.



20 BENCH BALL PUSH-UP
Get into a push-up position with feet shoulder-width apart, holding a bench ball in each hand. Push the bench balls up. Lower them back down and repeat for 12-15 reps.



21 PULL-UP
Hang from a pull-up bar with feet shoulder-width apart. Pull the bar up towards the chest. Lower it back down and repeat for 12-15 reps.



22 OUTRAGE DEADLIFT
Stand with feet shoulder-width apart, holding a dumbbell in each hand. Pull the dumbbells up from the floor. Lower them back down and repeat for 12-15 reps.



23 MEADOWS ROW
Get into a rowing position with feet shoulder-width apart, holding a dumbbell in each hand. Pull the dumbbells up towards the chest. Lower them back down and repeat for 12-15 reps.



24 SINGLE-ARM ROW
Get into a rowing position with feet shoulder-width apart, holding a dumbbell in one hand. Pull the dumbbell up towards the chest. Lower it back down and repeat for 12-15 reps.



25 BENT-OVER ROW
Bend over at the hips, holding a dumbbell in each hand. Pull the dumbbells up towards the chest. Lower them back down and repeat for 12-15 reps.



26 LYING ROW
Lie on your back with feet shoulder-width apart, holding a dumbbell in each hand. Pull the dumbbells up towards the chest. Lower them back down and repeat for 12-15 reps.



27 BACKWING
Lie on your back with feet shoulder-width apart, holding a dumbbell in each hand. Pull the dumbbells up towards the chest. Lower them back down and repeat for 12-15 reps.



28 INVERTED ROW
Get into an inverted row position with feet shoulder-width apart, holding a dumbbell in each hand. Pull the dumbbells up towards the chest. Lower them back down and repeat for 12-15 reps.



29 CHIN-UP
Hang from a chin-up bar with feet shoulder-width apart. Pull the bar up towards the chest. Lower it back down and repeat for 12-15 reps.



30 WIDE-GRASP PULL-UP
Hang from a pull-up bar with feet shoulder-width apart. Pull the bar up towards the chest. Lower it back down and repeat for 12-15 reps.

Dumbbell Exercises Guide

Julia Schneider



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