

# 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 the other. 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. 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 the other. 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 the other. 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 the other. 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 the other. 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 the other. 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 the other. 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 the other. 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 the other. This exercise builds strength in your shoulders and core.



**12 LANCING PRESS**  
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other. 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 the other. 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 the other. 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 the other. This exercise builds strength in your shoulders and core.



**16 SUSPENSION PUSH-UP**  
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other. 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 the other. This exercise builds strength in your shoulders and core.



**18 TRICEPS DIP**  
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other. This exercise builds strength in your shoulders and core.



**19 DECLINE PUSH-UP**  
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other. This exercise builds strength in your shoulders and core.



**20 BENCH BALL PUSH-UP**  
Lie on your back with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other. 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 the other. This exercise builds strength in your shoulders and core.



**22 OUTRAGE DEADLIFT**  
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other. This exercise builds strength in your shoulders and core.



**23 MEADOWS ROW**  
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other. This exercise builds strength in your shoulders and core.



**24 SINGLE-ARM ROW**  
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other. This exercise builds strength in your shoulders and core.



**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, then the other. This exercise builds strength in your shoulders and core.



**26 LANCING ROW**  
Stand with feet shoulder-width apart. Lift a dumbbell from the floor to shoulder height with one arm, then the other. 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 the other. This exercise builds strength in your shoulders and core.



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

# Dumbbell Exercises Guide

**NSCA -National Strength &  
Conditioning Association**

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