

DUMBBELL EXERCISE CHART

FARMER'S WALK Put up the heaviest dumbbells or kettlebells you can hold in each hand. Hold them with your chest out and your arms at your sides, each with 20-lbs. Travel in a figure-eight pattern if you don't have space to walk straight.	LATERAL RAISE Stand holding a dumbbell in each hand with your arms at your sides, palms facing each other. Raise the weights out to the sides until your arms are parallel to the floor.	BENT-OVER REVERSE FLYE Stand with a dumbbell in each hand and bend over at the waist, keeping your back flat so the weights are hanging straight down. Hold for a second, then squeeze your shoulder blades together at the top for a second. Lower under control.	DUMBBELL SHRUG Stand tall with the heaviest dumbbells you can hold in each hand at your sides. Shrug your shoulders up towards your ears, pause for a second, then lower under control.	BOTTOM-UP KETTLEBELL PRESS Hold a kettlebell in one hand, with the "bell" part facing your head and your sides. Firm grip on the handle to stop it from spinning. Contract your shoulder blades together at the top for a second, then lower under control. This works your shoulder and your grip.
PUSH PRESS From a squat, lift the top of your chest. Lower into a quarter squat to gather momentum, then push up through all your heels and in the same movement explosively press this bar overhead.	MILITARY PRESS Lie on a mat with a barbell on your chest. Lift it clean to shoulder height, holding it using a wide grip. From here, press the bar straight up, tensing your core and glutes and press the bar overhead. Lower under control, then repeat once the bar has passed your face.	SNATCH-GRIP SHRUG Lie on a mat with a barbell on your chest with a wide grip, so your hands are roughly double shoulder-width apart. Shrug your shoulders up and hold for a second, then lower.	KLOVKOV PRESS Lie on a mat with a barbell on your chest with double shoulder-width apart. Drive up powerfully, then lower under control. You can add momentum to help now the bar to the top of your chest, bringing your elbows high.	SNATCH-GRIP HIGH PULL Lie on a mat with a barbell on your chest with shoulder-width apart. Drive up powerfully, then lower under control. You can add momentum to help now the bar to the top of your chest, bringing your elbows high.
NEUTRAL-GRIP FLOOR PRESS Lie on the floor with a dumbbell in each hand and arms extended straight above your head, palms facing each other. Lift the bar off the floor, then lower them again.	LANDMINE PRESS Wedge a bar into a weight plate or the floor in a room, or wrap a towel around a bar and hold the other end just below the bar. Stand and hold the other end just below the bar and press the bar forwards and overhead.	BENCH PRESS Lie on a flat bench and grip a bar with hands just wider than shoulder-width apart. Keeping your core tight, lower the bar until it's just above your chest, then press it up.	INCLINE BENCH PRESS Lie on a flat bench set at a 45° incline, holding a bar with hands just wider than shoulder-width apart. Lower the bar until it's just above your chest, then press it up.	GUILLOTINE PRESS Lie on a flat bench holding a bar with your hands just wider than shoulder-width apart. Lower the bar until it's just above your neck, then press it back up. Keep the hips controlled.
SUSPENSION PUSH-UP Grip the handles of a suspension trainer and get into a push-up position with the handles just wider than shoulder-width apart. Your body should be straight from head to toe. Lower until your chest is between the handles, then press back up.	INCLINE FLYE Lie on a bench set at a 45° incline with a dumbbell in each hand above your chest, palms facing each other. Keeping a slight bend in your elbows, lower the dumbbells until they're level with the weights back together over your chest.	TRICEPS DIP Support yourself on the bars of a dip station and move forwards. Lower your body until your shoulders are level with your elbows, then press back up.	DECLINE PUSH-UP Get into a push-up position with your feet on a decline, like a sofa. Keeping your core braced, lower until your nose almost touches the floor and then push back up.	MEDICINE BALL PUSH-UP Get into a push-up position with both hands on a medicine ball. Lower until your chest almost touches the ball, then push back up. Rotate the ball hand through hand.
PULL-UP Grasp a bar using an overhand grip, palms facing away from you. Pull up until your chin is over the bar and then lower under control.	BENT-OVER DEADLIFT Stand with a barbell at your side, parallel to your feet. Squat down and grip it tightly in the center. Lift the barbell straight up, keeping it close and pushing your hips forwards to stand up, lifting the bar as you would a heavy suitcase.	MEADOOM ROW Wedge a barbell into a weight plate or the corner of a room. With your back to it, take a step forward with your right leg and grip the barbell in one hand. Row the barbell up towards your armpit, then lower under control.	SINGLE-ARM ROW Place one knee and one hand on a bench and hold a kettlebell in the other hand. Lean forward, keeping your back straight. Row the kettlebell up towards the side of your abs, then lower under control.	BENT-OVER ROW Hold a barbell in each hand. Keeping a natural arch in your lower back, bend at the waist and pull the barbell up towards your chest, then lower under control.
LANDMINE ROW Wedge a barbell into a plate or corner of a room. With your back to it, take a step forward with your right leg and grip the barbell in both hands and row it up to your sternum. Lower under control.	BATWING Lie face down on a bench holding dumbbells or kettlebells in each hand. Lift the dumbbells up, leading with your elbows and trying to squeeze your shoulder blades together. Hold for five seconds at the top of the move, then lower.	INVERTED ROW Sit in a pull-up bar in a power rack at shoulder height. Grip the bar with an underhand grip, hanging so that your body forms a straight line, with your arms straight. Lower until your shoulder blades together and pull yourself up until your chest is at handle height.	CHIN-UP Grasp a bar using an underhand grip, palms facing towards you. Pull up until your chin is over the bar and put yourself up until your chin is over the bar, then lower under control.	WIDE-GRIP PULL-UP Lie on a bar sitting on overhand grip, palms facing each other. Pull up until your chin is over the bar, then lower under control.