

DUMBBELL WORKOUT

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ALTERNATE DUMBBELL PRESS

1. Grasp two dumbbells with an overhand grip and sit upright on a bench.
2. Start with both dumbbells at your shoulder level.
3. Slowly push one of the dumbbells up until your arm is almost fully extended.
4. Slowly return dumbbell to the starting position and switch to the other arm.

ALTERNATE FRONT RAISE

1. Stand with your feet about shoulder width.
2. Grasp two dumbbells with an overhand grip, arms hanging down at your sides. Keeping your elbows slightly bent, slowly raise dumbbells up to shoulder level.
3. Slowly lower dumbbell to the starting position.
4. Repeat the movements with the opposite arm.

BENT-OVER LATERAL RAISE

1. Stand with your feet about shoulder width and knees slightly bent.
2. Bend forward until your back is parallel to the floor.
3. Grasp the dumbbells with your palms facing each other.
4. Keeping your elbows slightly bent, slowly pull both dumbbells laterally until your arms are about parallel to the floor.
5. Slowly return the dumbbells to the starting position and repeat.

ONE-ARM DUMBBELL RAISE

1. Grasp the dumbbell with your right hand.
2. Bend your knees and place your left hand on the floor.
3. Slowly pull the dumbbell straight up close to your midline.
4. Slowly return and repeat your lift.
5. Switch to the opposite hand.

BENT-OVER ROW

1. Stand holding a dumbbell in each hand with your feet about shoulder width apart.
2. Keeping your head up, bend forward until your torso is parallel to the floor.
3. Bend over and slowly pull the dumbbells up close to your midline.
4. Slowly lower the dumbbells to the starting position and repeat.

SHOULDER SHRUG

1. Stand holding a pair of dumbbells next to your sides.
2. Keep your arms straight.
3. Slowly pull your shoulders up toward the back of your head and neck.
4. Slowly return to the starting position and repeat.

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SQUAT

1. Stand holding a pair of dumbbells on your sides with your feet about shoulder width apart.
2. Keeping your head up, slowly bend your knees until your thighs are parallel to the floor.
3. Slowly press back up to the starting position and repeat.

LUNGE

1. Stand with a dumbbell in each hand with your feet about shoulder width apart.
2. Keeping your head up, step forward with your right leg, while keeping your left leg stationary.
3. Lower your right leg until your thigh is parallel to the floor and your left knee is bent 90 degrees.
4. Push back up to the starting position and repeat.

FRONT SQUAT

1. Holding a dumbbell in each hand, rest the end of the dumbbell on your shoulders.
2. Keeping your head up, bend your knees until your thighs are parallel to the floor.
3. Slowly press back up to the starting position and repeat.

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SEATED TOE RAISE

1. Holding a pair of dumbbells on the bench with your feet on the end of the toe block for resistance.
2. Place the dumbbells on your thighs, down close to your knees and your heels facing down toward the floor.
3. Slowly raise your heels until your calves are fully contracted.
4. Slowly return and lower your heels to the floor and repeat.

STANDING TOE RAISE

1. Holding a dumbbell in each hand, rest the end of the dumbbell on your shoulders.
2. Your heels should be flat on the floor.
3. Slowly raise your heels up until your calves are fully contracted.
4. Slowly return and lower your heels to the floor and repeat.

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