

# Dumbbell Multi-Joint Fitness Circuit Intermediate

Strength training (30-40min): [Complete the circuit per instructions](#) 2-3 times per week.

Equipment needed: Matt, Dumbbells, Kettlebell, TRX or WOS trainer and Fit Ball

Perform 45 seconds or 20 repetitions at each station, 5-10 sec rest between stations, 1 min rest between circuits. Complete 1 set at each station prior to moving to the next station. Circuit for 30-40 minutes.



## Two-Arm Kettlebell Swing

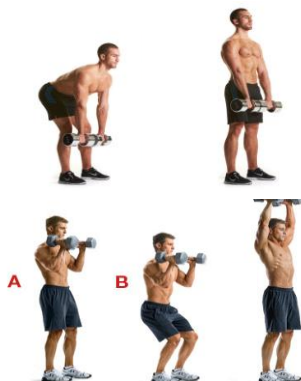
- Place one kettlebell between your feet. Push back with your butt and bend your knees to get into the starting position. Make sure that your back is flat and look straight ahead.
- Grasp the kettlebell with two hands and swing the kettlebell between your legs forcefully as if you are passing a football to someone behind you. Quickly reverse the direction and drive through with your hips explosively taking the kettlebell straight out. Let the kettlebell swing back between your legs and repeat.
- Remember that the power is generated through the hips from. It is not a front raise which engages the shoulders.

## Push-up with DB One Arm Row :

- Start face-down on the floor with arms extended and just past shoulder width apart, back flat and feet together. The hands are gripping the dumbbell and the body is supported at the feet.
- Push-up - Lower body towards the floor or bench until chest is a fist length from the floor or bench, while keeping back parallel to the floor or straight if using a bench. Complete only half of the downward movement if entire movement is too difficult. Build to complete the entire movement.
- Push your body back to starting position slowly and with control until your elbows are fully extended.
- When the arms are fully extended pull a dumbbell up towards you so the DB is in line with the torso, keeping the elbow tight to the body. Tighten the core to stabilize the movement.
- Lower the dumbbell, complete another row repetition with the other arm and repeat.
- Don't allow the back to sway or bow.

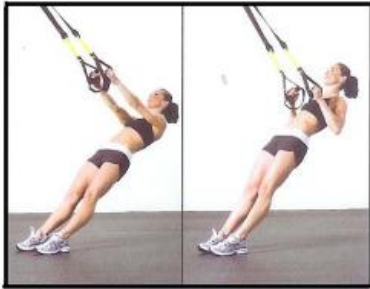
## Stationary Lunges w/DB Bicep Curl and Overhead Press

- Standing with feet separated 2/12 feet apart, hold dumbbells in each hand next to your shoulders, keeping elbows out and palms facing away from you. Your forearms should be perpendicular to the floor.
- Lower yourself down until your forward thigh is approximately parallel to the floor. Upper body remains straight and upright. The heel of your trailing foot will raise.
- As you are lowering your torso down, keeping your elbows close to your body, use your biceps to curl the dumbbells up to chest level. As you curl the dumbbells rotate your wrists, with your palms pointing towards your chest at the end of the curl. This should be one continuous motion.
- At the lowest point of the lunge, press the dumbbells straight up so the arms are completely extended overhead.
- Reverse the motion, lowering the weights to the starting position in a slow, controlled manner and returning to an upright position. This should be one continuous motion.
- Repeat until you have completed a set, switch legs and repeat.
- Don't let your front knee move farther forward than your front foot.



## DB Dead Lift w- Overhead Press

- Standing with feet separated to shoulder width w/knees slightly bent hold dumbbells in each hand next to your waist, keeping palms facing towards you.
- Bending at the waist so your back is parallel with the floor.
- The dumbbells should hang freely and the arms perpendicular to the ground.
- Slowly rotate your torso upwards until you are standing erect and the dumbbells are resting on your thighs.
- Watch the wall throughout the exercise.
- Once the DB reach the hips squat at the knees and press the dumbbells straight up so the arms are completely extended overhead while straightening the knees, coming out of the squat position. This is one continuous motion.
- Reverse the motion, lowering the weights to the starting position in a slow, controlled manner.
- Repeat until you have completed a set.

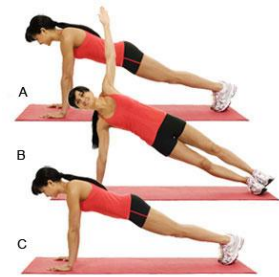


**Two Arm Row – Stand,** face the anchor point. Place hands in handles. Lean back into starting position, 30-45 degrees. Pull torso into anchor point, squeezing shoulder blades.



**Walk the Ball w/Push-ups**

Lie face down on the ball with your knees on the floor bent at 90 degrees. Roll up onto the ball and continue to roll over the ball walking across the floor on your hands. Stop when your feet reach the ball and hold for 10 seconds then complete 5-10 pushups from this position. Return to the starting position reversing your motion. Don't complete this exercise too fast as it requires balance as well as strength.



**Side plank**

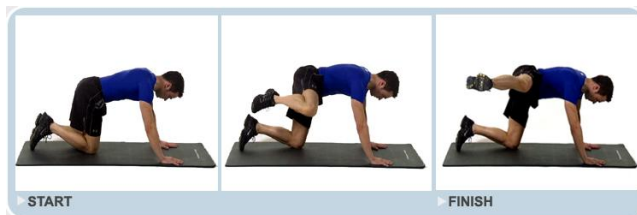
Start face-down on the floor with arms extended and just past shoulder width apart, back flat and feet together. The body is supported at the feet. Alternate position is with the knees supporting the body.

Raise a completely extended left arm while rotating the torso and hips until the hand is directly above the shoulder. Rotate down again placing the hand back to its starting point.

Complete the Windmill action with the opposite arm. Complete the exercise until the set is complete.



**Rotating Torso – Stand,** face the anchor point. Place hands in a single handle set-up. Lean back into starting position, 20-30 degrees. Keep arms straight, rotate torso and arms to one side and up until you are on the balls of feet. Keep planked position.



**Side and Mule Kick**

- Kneel on all fours with hands and feet shoulder width apart. Extend the right leg outward to the side of the body keeping the knee bent. Foot stays level with the knee.
- Then extend the same foot outwards. Hold momentarily then return to the starting position.
- Repeat until reps are complete then switch to other leg. Keep a neutral spine, head, neck hips in alignment. Don't hyper-extend your back.



**Crunch – Plank Progression-**

Lie face down, heels in straps under anchor point, knees touching the ground for support, hands under the shoulders. Draw the feet towards the chest, then release.