

Dumbbell Fitness Circuit Beginner

Lower & Upper Body Strength training (25-30min): [Complete circuit 2/week](#)

Equipment needed: Stability Ball, Chair or Bench, Dumbbells, and 12—16” platform.

Perform 30 seconds or 15 reps at each station, 10 sec rest between stations, 1 min rest between circuits. Complete circuits for 25-30 minutes.



Box/Bench Step Up – Plyometric

Muscles worked: [Quadriceps](#) and [Glutes](#)

Instructions:

- Place a foot flat on the box/bench with arms next to your sides.
- Press up with the leg that is on the box/bench raising the body upwards until your leg on the box/bench becomes fully extended
- Lower the body until your foot returns to the floor. Repeat.

Don'ts:

- Don't allow the knee caps to line up past the foot. The knee caps should line up over the ankle.

DB Dead Lift

Muscles worked: [Low back](#) & [Hamstrings](#)

Instructions:

- Keep the DBs resting on your thighs. Back should remain flat. The knees are bent slightly.
- Slowly rotate your torso downward until you are at a 75 degree angle letting the dumbbells swing naturally out in front of you.
- Watch the wall throughout the exercise.
- Return to the starting position in a slow controlled manner

Don'ts:

- Don't allow the back to curve.



DB Bench Press

Muscles worked: Primary: [Middle Chest](#)

Instructions:

- Lie face up on a bench on the floor with feet flat on the floor while grasping the dumbbells with a closed, pronated grip, just wider than shoulder width. The elbows should be at chest height at the start of the exercise, facing away from the body while the elbows are flared outward.
- Raise the dumbbells straight up.
- Return to the starting position

Don'ts:

- Don't arch your back.

DB One Arm Row

Muscles worked: [Latisimus Dorsi \(Lats\)](#) – upper back

Instructions:

- Place one arm on the seat with head up, back straight, feet firmly on the floor.
- Grip the dumbbell allowing the arm to hang freely, slowly pull the dumbbell up towards you keeping the elbow tight to the body until the elbow is even with the back.
- Slowly let the dumbbell drop away from you, back to the starting position.

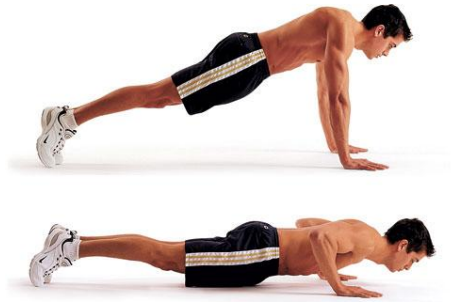
Don'ts:

- Don't swing the body to complete each rep.



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.



Push-ups: Starting Position: Lying on your stomach, palms just wider than shoulders. Flex your toes so that your hands and soles of your feet share the weight of your body. Pushing with your arms raise your trunk and legs off the floor. Keep your back straight and do not let your stomach sag.

Illustrated core exercises with descriptors

Core Strength training (5min): [Complete circuit 3/week](#)

Equipment needed: FitBall and mat

Perform 20 seconds at each station, 1 min rest every 3 min. Complete circuits for 8 minutes.

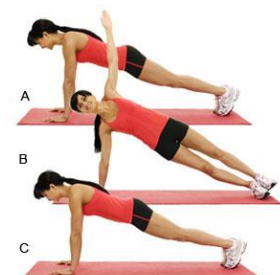


Fit Ball Crunches Lie flat on your back on the ball with your knees bent and your feet shoulder width apart but flat on the floor about 18-24 inches from your buttocks. Ball should rest in the center of the back with hands crossed on your chest. Curl your upper torso up and in toward your knees, until your shoulder blades are 4-6 inches off the ball. Slowly lower yourself back to the starting position.



Plank:

Position the body in a modified push-up position with elbows and feet on the floor. Elbows directly under the shoulders, body is straight with neck, hips and ankles in alignment. Hold for prescribed time Release and repeat.



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.