

# EXERCISE PROGRAMS



## Home Workout Dumbbells



## Home Workout with Dumbbells

### Introduction

This home routine is created for women and men to workout away from a gym environment. It incorporates the use of dumbbells to increase the resistance of the exercise, but also includes some body weight exercises. This routine is a short, concise workout that targets all parts of the body.

*Exercise intensity – moderate to high*

### Warm Up

This workout should begin with a 5-10 minute cardiovascular activity/exercise, as well as exercise specific stretches to elevate the heart rate and prepare the body for exercise.

### Workout Tips

- ▶ Hydration is vital while exercising. Ensure your client is drinking throughout the session.
- ▶ Advise your client that a carb and protein filled meal is a great post-workout food to help promote muscle growth, i.e. chicken and brown rice.
- ▶ Rest between sets should start at about 45 seconds and can be decreased to 30 seconds as your client progresses.
- ▶ Ensure your client has a good understanding of the correct technique for each of these exercises prior to prescribing this routine.

### Cool Down

This workout should conclude with a light cardiovascular activity followed by static stretches that target the muscles used in the exercise.

### Plank - Leg to Side

- Begin in prone plank position on hands & toes
- Rotate lower body & kick a foot to one side
- Keep legs as straight as possible
- Return to start position & kick foot to other side



Complete 2-4 sets of 8-12 repetitions. Rest 45s between sets.

### Bench Press - Dumbbell

- Dumbbells positioned adjacent to shoulders
- Shoulder blades retracted
- Upper back slightly arched
- Push dumbbells directly towards the roof
- Lower dumbbells to start position



Complete 2-4 sets of 8-12 repetitions. Rest 45s between sets.

### Reverse Fly - Bent Over

- Stand dumbbell in each hand, palms facing inward
- Slightly flex knees, bend forward from hips
- Hands in front of knees
- Lift dumbbells laterally, pause at top of action
- Return dumbbells to start position
- Keep arms slightly bent & torso stable throughout

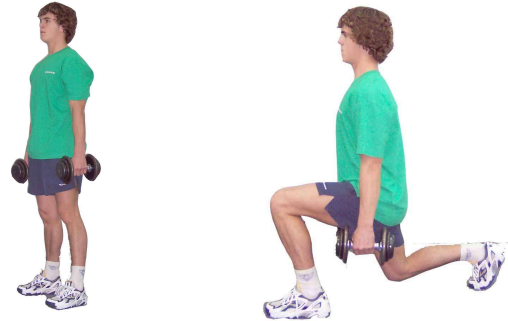


Complete 2-4 sets of 8-12 repetitions. Rest 45s between sets.

## Lunge - Dumbbell

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- Feet hip width apart
- Grip dumbbell in each hand
- Take a large step forward, descend until leading thigh is parallel to floor
- Return to start position by rapidly extending leading leg
- Maintain upright posture throughout

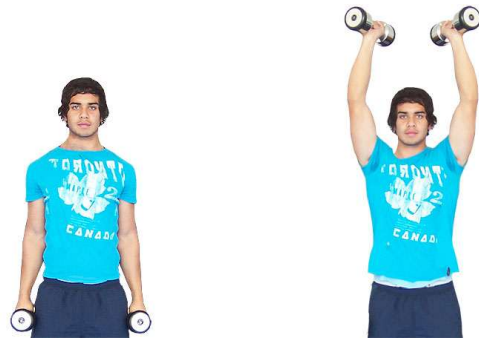


Complete 2-4 sets of 12-15 repetitions. Rest 45s between sets.

## Curl & Press - Dumbbells

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- Stand with dumbbells by side, palms facing out
- Curl the dumbbells to shoulders
- Press the dumbbells overhead
- Lower to shoulders, then to side & repeat
- Maintain posture throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

## Shoulder Flutters - Back & Forth

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- Stand with feet shoulder width apart
- Arms straight & raised to the side, thumbs pointing up
- Preset shoulder blades back & down
- Move the arms back & forth in a quick and small pulsing action



Complete 2-4 sets of 15-20 repetitions. Rest 30-60s between sets.

## Star Jumps

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- Stand, feet close together, arms by side
- Commence star jump action
- Clap hands above head as jump legs apart
- Ground contact on balls of feet



Complete 2 sets of 30 repetitions. Rest 40s between sets.

## Push Up

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- Supported on hands & toes, body straight
- Lower chest towards floor
- Push up slowly
- May go on knees to make it easier



Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.

## Squat - Body Weight

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- Stand feet wider than hip width apart
- Arms in front of body
- Push knees forward over toes & sit backward until top of thigh is parallel to floor
- Ascend by driving hips forward & shoulders towards the roof
- Feet stay flat & lower back maintains normal curvature throughout



Complete 2-4 sets of 12 repetitions. Rest 45s between sets.

## Side Bend - Dumbbell

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- Stand with dumbbell in one hand
- Dumbbell positioned by side, other hand on hip
- Lower the dumbbell by bending to one side
- Lift the dumbbell by bending to the other side



Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.

## Butt Kicks

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- Running action, move forward slowly
- Hands placed on buttocks, palms facing outwards
- Emphasise heel lift, ankles touch hands
- Minimise knee lift
- Ground contact on balls of feet
- Vary stride rate & ground contact time
- Complete over 15-20 metres

Repeat 3-6 times. Rest 60-90s between repetitions.

## Calf Stretch - Forward lunge

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- Split stance
- Both feet flat on floor & pointing straight ahead
- Lean forward over front leg, keep back leg straight
- Keep heels flat
- Drop back foot further back to increase stretch



Hold for 20-40 seconds. Repeat 1-3 times.

## Glute & Low Back Stretch - Lying

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- Lie on back
- One leg straight, other leg bent
- Roll bent leg across body, assist with opposite hand
- Shoulders remain flat on floor



Hold for 20-40 seconds. Repeat 1-3 times.

## Hamstring Stretch - Lying

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- Lie on back, bend one leg to chest
- Grasp calf on elevated leg with both hands
- Straighten leg, pull foot toward head



Hold for 20-40 seconds. Repeat 1-3 times.

## Triceps Stretch - Hand On Elbow

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- Sit or stand
- Lift arm above head, bend elbow
- Rest hand between shoulder blades
- Use opposite hand to pull elbow down



Hold for 20-40 seconds. Repeat 1-3 times.