

Full Body Dumbbell Circuit

Che' Mckelvin
1900 N St- Site Manager

5 min WARMUP: 30 seconds each (2x through)

- Jumping Jacks
- Mountain Climbers
- High Knees
- Squat + Kick
- Side Shuffles

Complete each exercise 5 sets with reps 10.

Dumbbell Squat and Press

Begin stance with feet slightly wider than hip width, holding dumbbells at shoulders with palms facing together. Keeping back straight and knees behind toes, sink hips back and lower into squat position until thighs are parallel to ground. Next extend hips and knees to drive up and out of squat position; pressing dumbbells overhead. Lower dumbbells to shoulders and repeat.



Romanian deadlift with dumbbells

Hold dumbbells in front of your thighs, push your hips back, and lower dumbbells pass knees for 3-5 seconds. Then, thrust your hips forward and return to the starting position.



Floor Chest Press

Keep your knees bent, and raise the weights by extending your arms until your elbows are locked out. Lower the weights until your upper arms just touch the floor. As your elbows touch the floor, pause for about 2 seconds and then push the weights up by extending your elbows.



Front lunge with dumbbells

Hold a dumbbell in each hand. Lift your chest and tuck in your chin. Contract your glutes and core as you lunge forward. Bend your front and back knees 90-degrees with your front foot placed flat on the ground and your back heel lifted



Front Row with dumbbells

Stand with your feet about hip-width apart. Bend over and grab the dumbbells palms down. Have a slight bend in your knees while keeping your hips high. Lift your chest and straighten your back. Lastly bend both elbows and pull both dumbbells towards your chest. Lower back down and repeat.



Overhead Triceps Extension and Curl

Begin seated on a bench or chair with back support holding a dumbbell in each hand. Extend your arms fully and raise the dumbbells overhead. Lower the dumbbells behind your head, bending at the elbows. Keep your elbows steady and stop the dumbbell just before touching your neck. Pause for one second, then extend your arms back to the starting position overhead.

