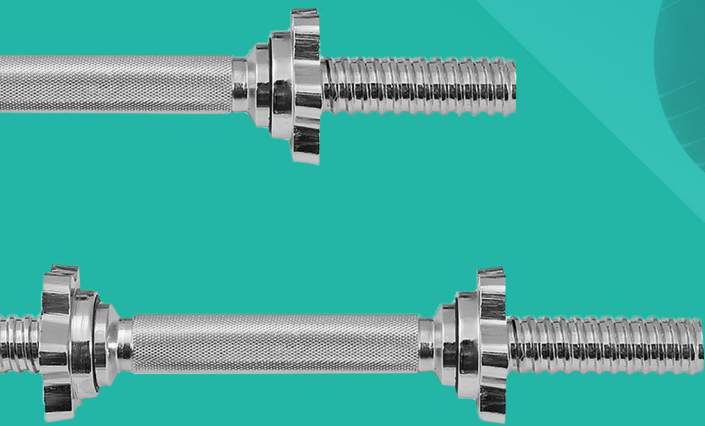


# THREADED DUMBBELLS MANUAL & EXERCISE GUIDE

THREADED DUMBBELL



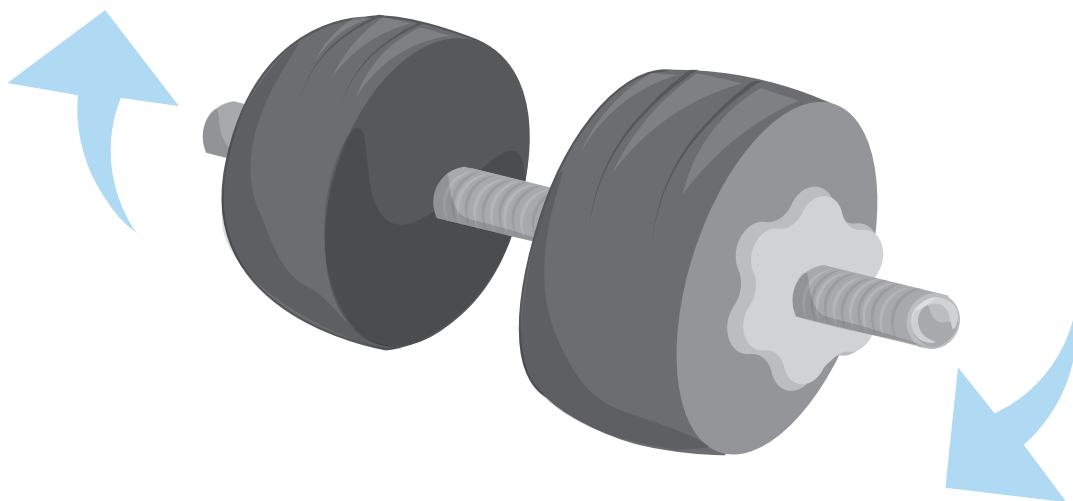
DAY1  
FITNESS

# THREADED DUMBBELL HANDLES WITH STAR COLLARS

The adjustable spin lock dumbbell handles give you the ability and versatility to build your own dumbbell sets. The 14" handle allows for many weight options and uses 1" weight plates. The easy on and off spin lock collars secure your weights while performing many dumbbell exercises.

## **Directions for use:**

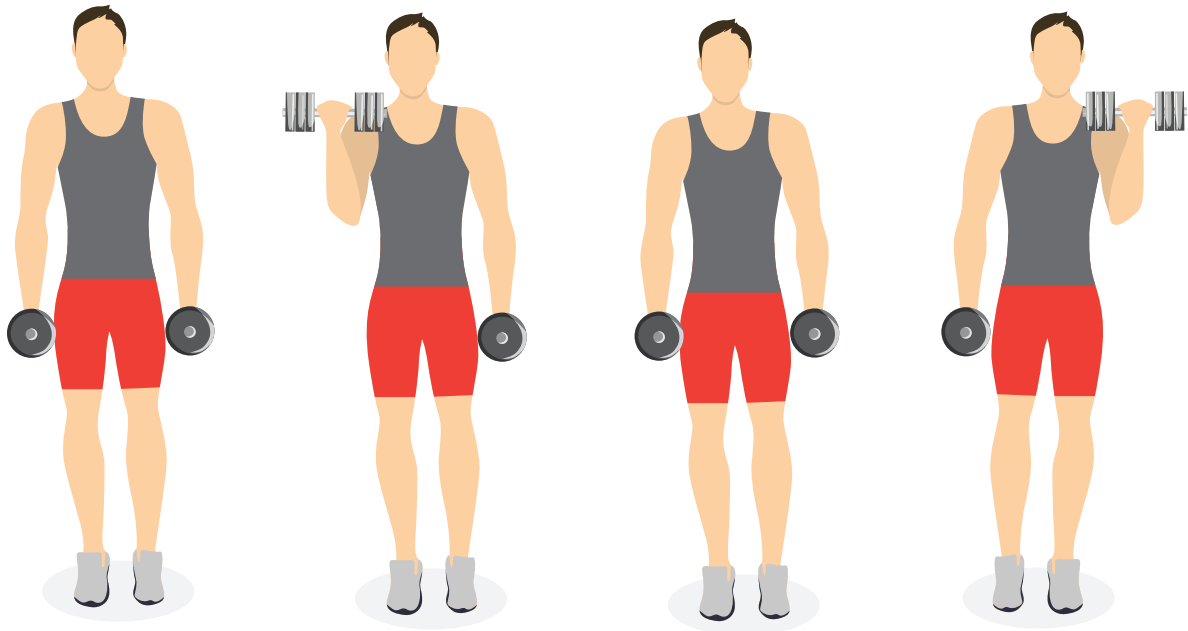
Place the desired 1" weight plates on each end of the threaded handle. Place the spin lock collar onto the threads and spin clockwise and secure tightly next to the weight plates. Be sure the rubber threaded end is placed next to the weight plates. Check before each use that the collars are secure. For an extra tight twist, place your hands on both ends of the weight plates and give a slight push with your hands in the opposite direction, basically pulling one side and pushing the other side, similar to a twist.



Although there are hundreds of exercises you can perform with your dumbbells, we have highlighted a few of our favorites for your reference.



# ALTERNATING BICEP CURL



- 1** Stand with feet shoulder-width apart and biceps at your sides.
- 2** Keeping your elbows still, lift the right dumbbell to your shoulder as you rotate your palm to the ceiling. Keep your back still and abs tight.
- 3** Return to starting position and repeat with your left hand, alternating back from one hand to the other



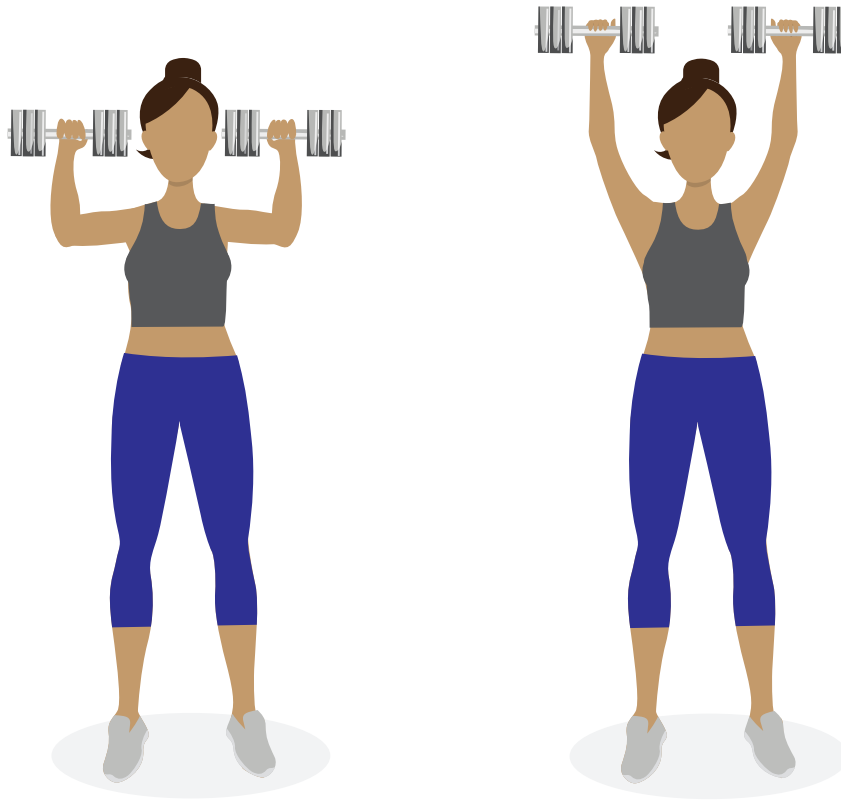
# KNEELING TRICEP CURL ON A BENCH



- 1** With your left leg kneeling on the bench, right leg planted securely on the floor. Your left hand should be placed directly under your shoulder and your knees should be positioned directly under your hips.
- 2** Place the dumbbell in your right hand and pull the elbow up to form a 90 degree angle. Keeping the elbow in this position, extend your arm straight behind you, focusing on contracting the triceps.
- 3** Lower the forearm back down to start position and repeat. Perform sets on one arm and switch to the opposite side.



# SHOULDER PRESS



- 1** Standing with your feet shoulder width apart, place a dumbbell in each hand. For starting position raise the dumbbell to head height, the elbows are bent at 90 degrees.
- 2** Keeping your back straight, head up, core engaged, extend through the elbow to raise the weights together directly above your head.
- 3** Pause and slowly return to start position. Repeat.



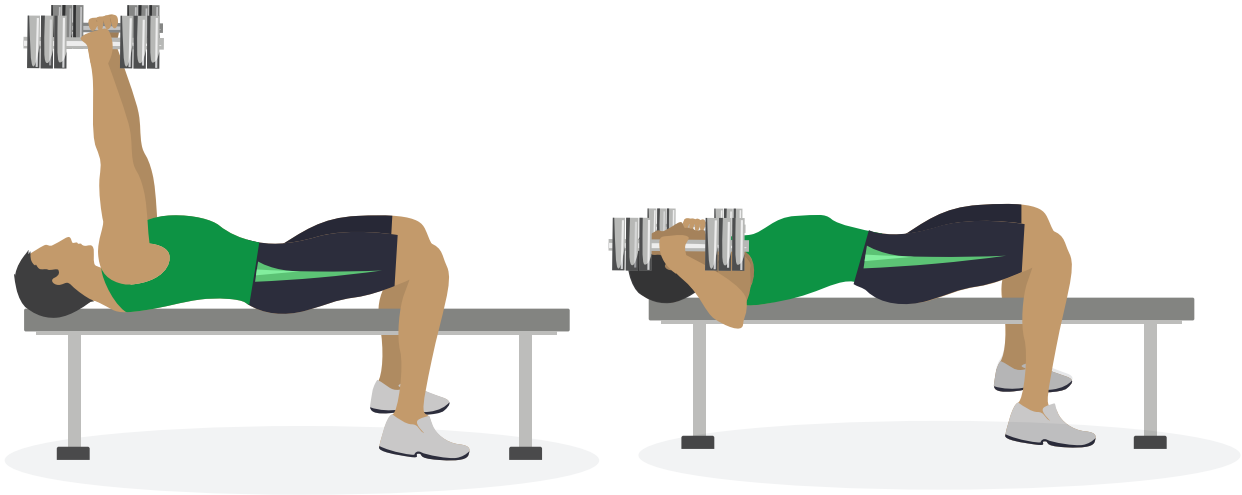
# ONE ARM ROW



- 1** With your left leg kneeling on the bench, right leg planted securely on the floor. Your left hand should be placed directly under your shoulder and your knees should be positioned directly under your hips.
- 2** With back flat, head aligned with your spine, dumbbell in your right hand. Exhale and slowly pull the dumbbell upwards, keeping your arm close to your side, until your arm is at about a 90-degree angle or you can no longer lift without rotating your body.
- 3** Inhale and slowly lower the dumbbell to start position being careful to maintain a flat back and shoulders pulled back. Perform desired sets and switch to opposite side.



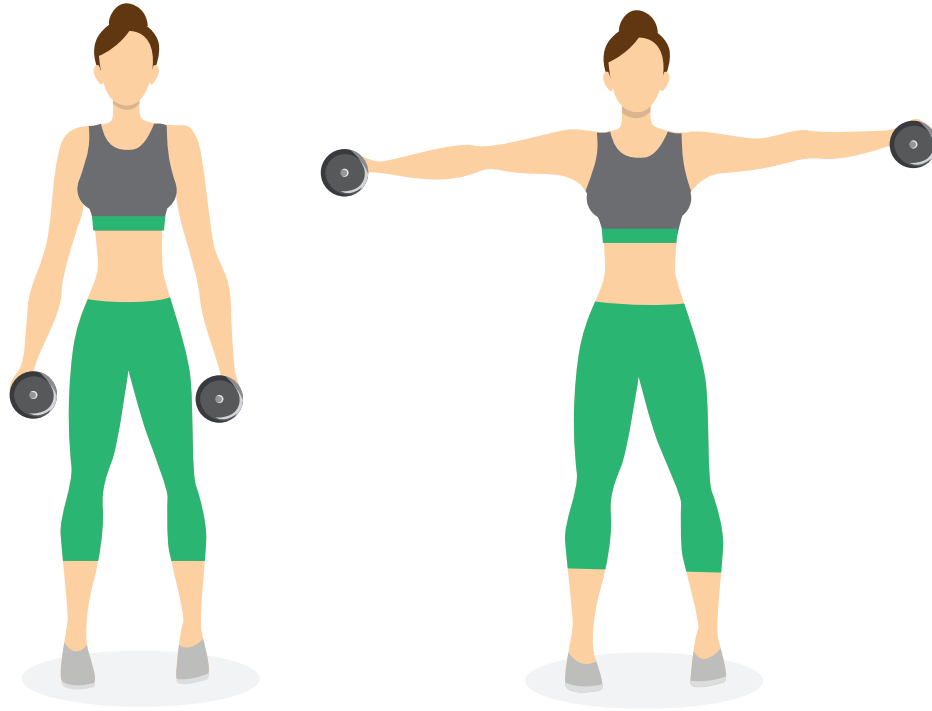
# FLY



- 1** Lying flat back on a bench with a dumbbell in each hand, (resting on your thighs). lift the dumbbells one at a time so you can hold them in front of you at shoulder width, palms facing each other. Raise the dumbbells up like you're pressing them, but stop and hold just before you lock out. This will be your starting position.
- 2** With a slight bend on your elbows in order to prevent stress at the biceps tendon, inhale and lower your arms out at both sides in a wide arc until you feel a stretch on your chest. While performing this movement, the arms should remain stationary; the movement should only occur at the shoulder joint.
- 3** Exhale and return your arms back to the starting position as you squeeze your chest muscles. Using the same arc of motion used to lower the weights.
- 4** Pause and repeat the movement until the motion causes muscle fatigue.



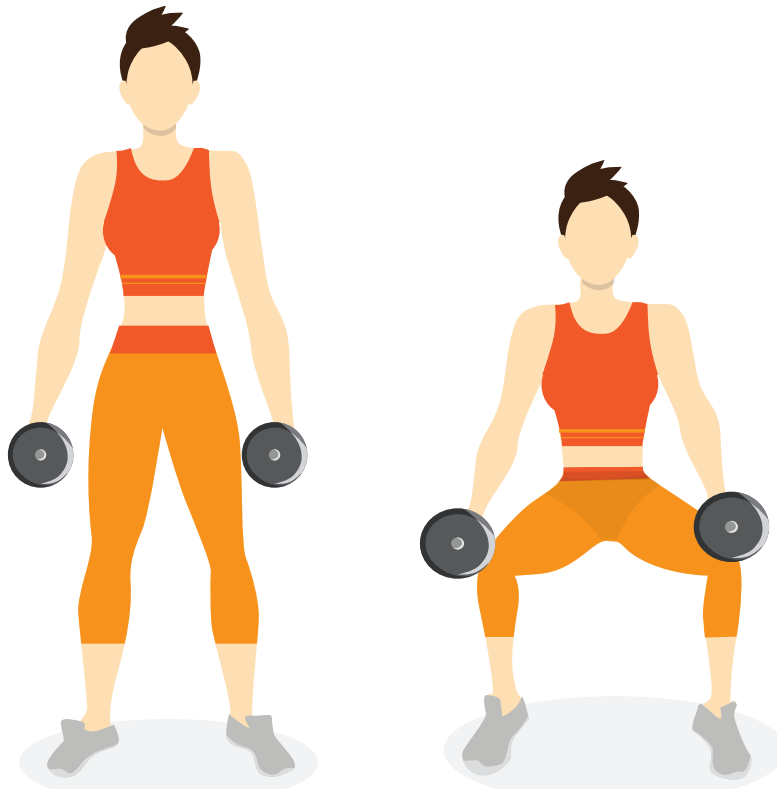
# LATERAL RAISE



- 1** Standing with feet shoulder-width apart, dumbbell in each hand, palms facing inwards. Start with the dumbbells hanging at your side.
- 2** Slowly raise your arms out to the sides until they reach shoulder level.
- 3** Tighten the muscles of your back and slowly lower your arms back down to your sides.



# DUMBBELL SQUAT



- 1** Standing straight with a dumbbell in each hand, feet should width apart toes slightly pointed out. Keep your chin up, looking straight ahead so as not to throw your balance off.
- 2** Slowly lower your torso by bending the knees as you maintain a straight posture with the head up. Continue to drop down until your thighs are parallel to the floor. Be careful not to let your knees extend past your toes.
- 3** Exhale and raise back up by pushing through your heels to start position. Repeat.



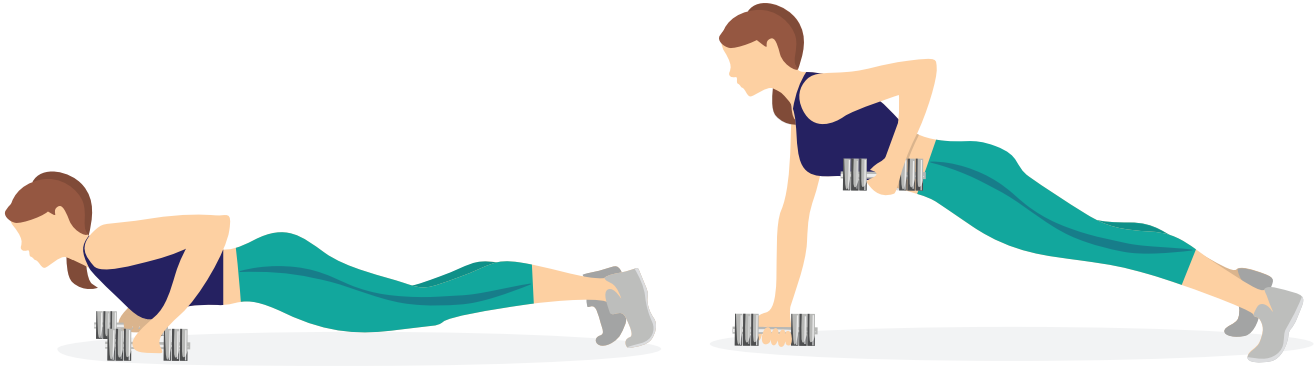
# GOBLET SQUAT



- 1** Stand with feet set wider than shoulder-width and hold a dumbbell with both hands in front of your chest.
- 2** Sit back into a squat, then drive back up and repeat.



# RENEGADE ROW



- 1** Place two dumbbells on the floor about shoulder-width apart.
- 2** Start in a pushup position with knees on the floor or raised plank position. In either position it is important to keep your back straight line.
- 3** With arms fully extended, elbows close to the body, raise the weight up towards your ribs until you reach your midline or a 90 degree angle.
- 4** Pause and then slowly return to start position. Repeat on the opposite side.

