



Day 1 Fitness

Neoprene Dumbbell Workout Guide



Let's get started!

Using dumbbells can be a great way to workout at home or at the gym.

Working out with dumbbells allows you to not only work out the exercised muscle but will also require the input from various stabilizing muscles. This will allow muscles to strengthen together and not develop independently from one another.

It is important to keep proper form while completing the exercises. Be careful not to swing and use momentum to perform the exercise, therefore gaining the most effective benefits. Practice in front of a mirror to help ensure that you are using good form for the exercise.

- To start it is important to pick the proper weight. Start out with lower weights until you learn proper technique and build yourself up. If you're trying to tone your muscles and build endurance, rather than significantly increase muscle size, select weights that allow you to do about 12 to 20 repetitions of a given exercise before feeling overly tired.
- If your goal is specifically strength training and building muscle mass, opt for a weight that you can only use for about 8 repetitions before being too tired to continue.



Renegade Row

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



Bridge with a Dumbbell Press



1. Lying on your back with your knees bent, dumbbell in each hand, placed at shoulders
2. Squeeze your glutes as you push your pelvis up towards the ceiling, forming a bridge. Your ribs should be aligned with your pelvis.
3. Holding the bridge position, press the weights from shoulder position straight up to the ceiling.
4. Lower your pelvis down while simultaneously lowering the weights back to start position.
5. Repeat

Dumbbell Upright Row

1. Using an overhand grip, grasp a dumbbell in each hand. Holding the weights in front of your thighs with your palms facing your body.
2. Keeping the weights close to your body, pull the dumbbells up toward your chest. Your elbows should remain flared out during the movement. When dumbbells reach chest level, making sure to raise the weight through a full range of motion, avoid swinging), pause, then lower to starting position.



Dumbbell Punches

1. Standing with feet hip-width apart, knees slightly bent, holding a dumbbell in each hand
2. Take one step forward with your left foot, keeping your back foot at a slight angle.
3. Bring your arms with weights to shoulder height and punch out with one arm at a time alternating arms.

Dumbbell Squat

1. Standing up straight with a dumbbell in each hand, palms facing each other, legs slightly wider than shoulder width apart, toes slightly pointed out.
2. Inhale and slowly lower your torso by bending the knees maintaining a straight posture, with your head up. Continue to lower until your thighs are parallel to the floor. Careful to keep your knees from extending over your toes, placing undue stress on the knees.
3. Exhale and raise your torso by pushing the heel of your foot into the floor and return to start position.
4. Repeat



Reverse Lunge

1. Stand with your feet hip-width apart holding a dumbbell in each hand. Dumbbells placed at shoulder height, palms facing forward, arms in goal post position.
2. Stepping back with your left leg, lowering your knee to the floor so that your shin is facing the floor and leg at 90 degree angle.
3. With emphasis on the heel of your foot, push through the heel to raise your self back up to start position.
4. Repeat on opposite leg. This exercise requires some balance and you should move slowly until proper balance is achieved.



Dumbbell Lunge with Press



1. Standing with a dumbbell in each hand, palms faced towards each other.
2. Stepping forward with your right leg, keep your left leg stationary, inhale and lower your left knee until your shin is perpendicular to the ground.

3. While in lunge position, perform an over head press. Reaching your arms overhead, lower weights to goal post positions.
4. With emphasis on the heel of your foot, exhale and push your body back up to start position.
5. Careful to maintain your balance, continue to alternate each leg.

