

Basic Dumbbell Workout

1. Squat: Hold the dumbbells at your side arms straight feet shoulder width apart. Slowly squat down until thighs are parallel to floor then slowly return to standing.
2. Chest Press: Lye on your back with elbows bent at 90 degrees push dumbbells towards ceiling above your head. Return to start position.
3. Biceps Curl: sit or stand with dumbbells in hands palms point forward. Bring dumbbell up towards shoulder hold for one second and return to start.
4. Triceps extension: stand or sit, bring arms behind your head elbows bent. Hold dumbbells in hands palms up. Extend arms up until elbows are straight, return to start.
5. Shoulder lateral raise: stand with dumbbells in hands palms towards body. Laterally raise your arms until parallel to floor. Return to start.
6. Bent over Rows: Stand with left knee bent and resting on a chair. Hold back of chair with left hand. Bend at the waist 45 degrees, hold dumbbell in right hand and let hang towards the floor this is your starting position. Bend your elbow and pull dumbbell towards shoulder. Return to start. Switch sides and repeat.