

# DUMBBELLS

## FRONT RAISE



1 Stand with feet shoulder-width apart and knees slightly bent. Grasp dumbbells and straighten arms along sides of body with hands in front of legs.

2 Raise arms straight up and forward in front of shoulders. Return to start position and repeat.

## UPRIGHT ROW



1 Stand with feet shoulder-width apart and knees slightly bent. Grasp dumbbells and straighten arms along sides of body with hands in front of legs.

2 Bend and raise arms up and away from sides of body with hands just below shoulder height. Return to start position and repeat.

## SQUAT TO OVERHEAD PRESS



1 Stand with feet shoulder-width apart and legs bent. Grasp dumbbells, bend arms and position hands in front of shoulders.

2 Straighten legs while extending arms up and overhead above shoulders. Return to start position and repeat.

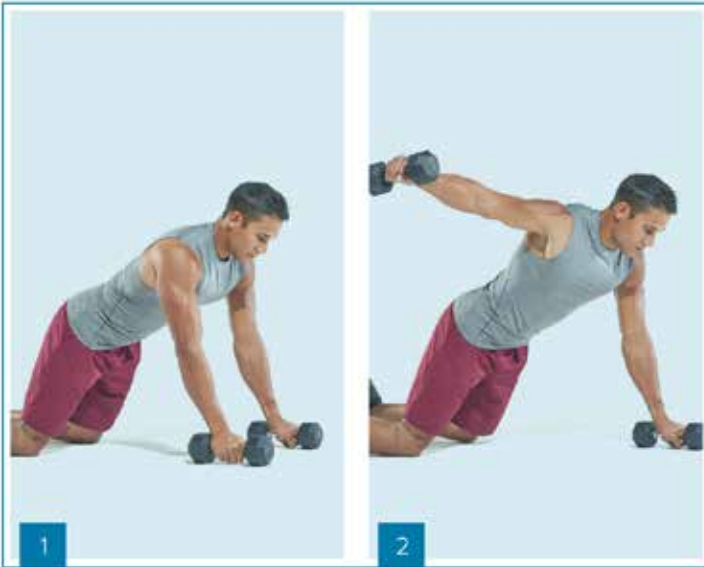
## KNEELING PUSH UP ROW



1 Kneel on floor; grasp dumbbells, position hands just outside shoulder-width. Bend arms and lower body toward floor with back straight and toes of feet on floor.

2 Straighten arms, balance on one arm, then bend opposite arm and pull elbow up and back to shoulder height. Return to start position and repeat.

## KNEELING REVERSE FLY



1  
Kneel on floor; grasp dumbbells, straighten arms and position hands directly below shoulders with back straight and toes of feet on floor.

2  
Balance on one arm and raise opposite arm straight up and away from side of body at shoulder height. Return to start position and repeat.

## LUNGE TO ARM CURL



1  
Stand with feet hip-width apart and knees slightly bent. Grasp dumbbells and straighten arms along sides of body.

2  
Step forward with one leg while bending knees and arms. Return to start position and repeat.

Warm up for 3-5 minutes before exercising

Complete 1–3 sets of 8–12 repetitions of each exercise

Rest 30-60 seconds between each exercise set