

EXERCISE GUIDE

- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions.

—OR—

- If unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

FRONT RAISE



Start: 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.

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

UPRIGHT ROW



Start: 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.

Finish: 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



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

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

SPRI DELUXE VINYL DUMBBELLS

EXERCISE GUIDE

KNEELING PUSH UP ROW



Start: 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.

Finish: 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



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

Finish: 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



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

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