

MUSCLE SQUAD

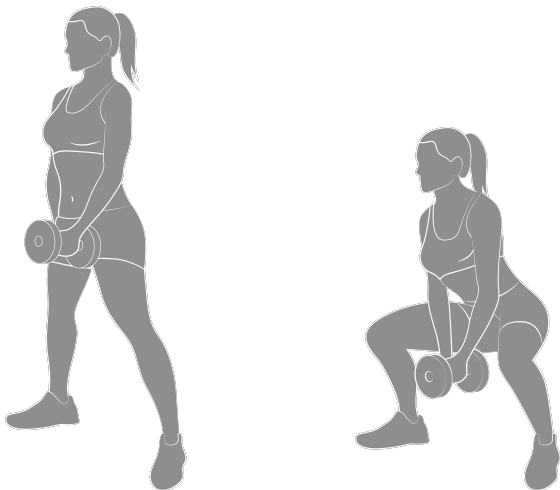
SOFTEN THE BLOW

IMPORTANCE OF THIS MUSCLE PLAN

The most important benefit of dumbbell exercises is that along with strengthening the main muscle, it gets you input from other vital stabilising muscles as well.

Use your neoprene dumbbells in comfort gradually increasing in weight, building strength over time.

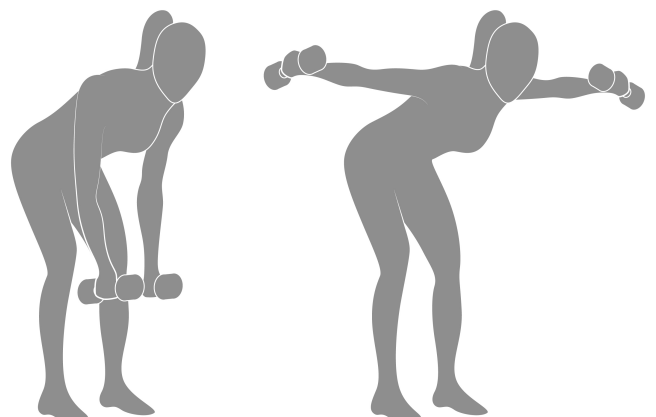
SUMO SQUAT



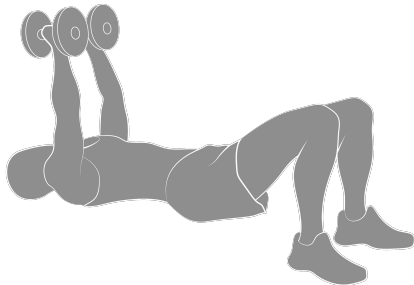
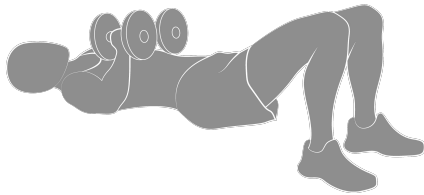
Place feet wider than hip width apart and angle toes so they are pointing outwards. Holding a dumbbell in each hand keep the dumbbells in front of your body. Bend at the knee to lower yourself down to the floor whilst keeping the chest upright and the hips forward. The hips should not move backward in this movement and the torso should remain upright whilst completing an up and down movement. Lower as much as you can whilst keeping good form and technique. Once at the bottom of your squat, press away from the floor through the midfoot to bring yourself back to standing. This is one complete repetition.

REVERSE FLY

Hinge at the hips to create a tabletop position with your back. Let the dumbbells hang straight down from your shoulders with your palms facing each other and arms slightly bent. Keeping your back flat and your torso still, raise your arms straight out to the sides until they create a straight line from one wrist to the other through your back. Return to starting position to complete one repetition.



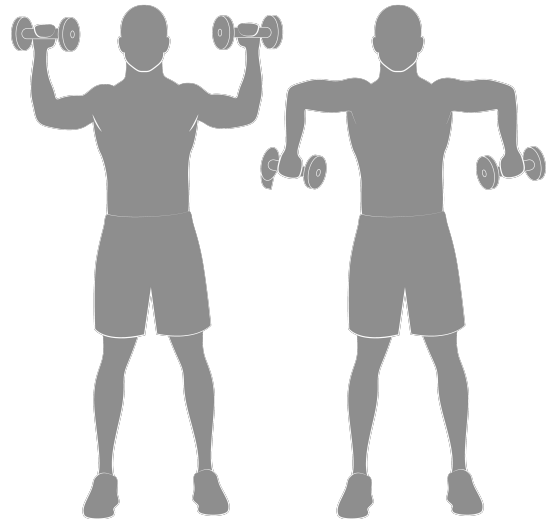
SQUEEZE PRESS



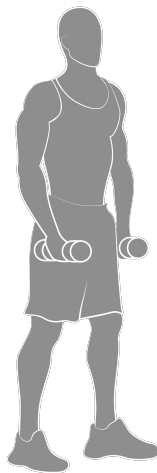
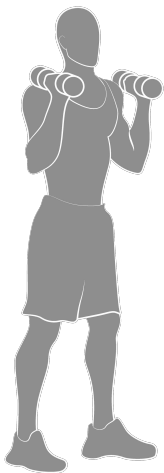
Please note, this can be done on an adjustable bench or on the floor. Press the two dumbbells together with wrists facing each other – the more you squeeze/press the dumbbells together, the more you will be using the chest muscles. Press away and extend the hands above the chest whilst keeping the dumbbells over the centre of the chest. Press away until arms are fully extended. Lower the dumbbells back to the centre of the chest keeping a constant press together through the dumbbells whilst lowering them back to the starting position. This completes one repetition.

CUBAN ROTATION

Place a dumbbell in each hand. From here, lift at the elbows to bring your upper arms level with the shoulders and create a 90 degree angle between the upper arm and the forearm on each side creating a scarecrow like position – this is your starting position. From here, keep the upper arms level with the shoulders and rotate through the shoulder joint by raising the wrists and inverting the scarecrow position you previously made. Return back to the starting position to complete one repetition.



HAMMER CURLS

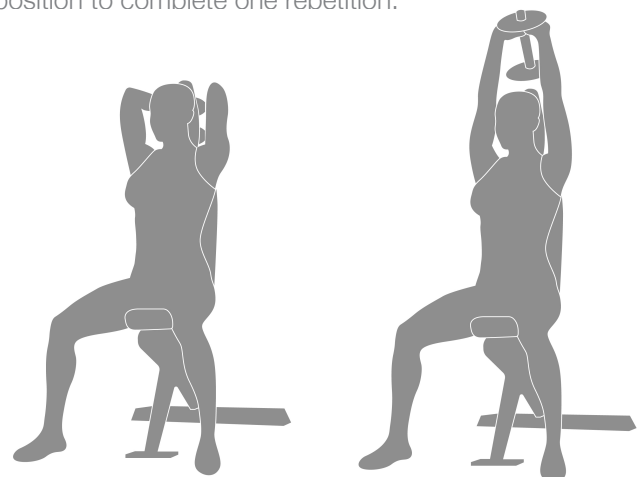


Place the wrists facing inward toward the body and keep the elbows glued to your sides. Bending at the elbow and keeping the wrists facing inwards towards each other, bring the wrists up toward the shoulders. Ensure the hips stay still throughout the movement. Slowly and in a controlled manner, lower the dumbbells back down to the sides to the starting position to complete one repetition.

TRICEP OVERHEAD EXTENSION

Can be done standing or seated.

Hold a dumbbell in each hand to make it more difficult or one dumbbell in both hands to simplify the exercise. Place the hands up overhead. Keep the elbows tucked in close to the ears and bend at the elbow to lower the dumbbells down behind the head until the elbows are at 90 degrees. Keep the elbows pointing up to the ceiling throughout. Extend at the elbow pulling the dumbbells back up to the starting position to complete one repetition.



CONTACT INFORMATION

info@musclesquad.com

www.musclesquad.com

Tel. 0800 471 4938



Twitter @MusclesquadUK



Instagram @MusclesquadUK

WARNING: Before beginning this or any other exercise programme, we recommend you consult your doctor. This is important for people with pre-existing health problems or those returning to exercise after some time. We assume no responsibility for personal injury or property damage sustained by or whilst using this product.

We recommend the following: 1) Work out in a clear 2m x 2m area 2) Exercise indoors on a level surface using a mat in order to protect floors and carpets 3) Keep children under the age of 16 and pets away from the equipment at all times, the equipment is designed for adult use only 4) Wear appropriate clothing when exercising, loose clothing may get in the way of equipment or get caught 5) If you feel faint or dizzy while exercising stop immediately and cool down