

Travel: dumbbells



Here's your moves. Just six, that's it. You've got this!

bench
press

A

single leg
deadlift

B

one arm
press

C

Russian
twist

D

reverse
fly

E

goblet
squat

F

Complete each exercise in alphabetical order.

If you're short on time (30 min) perform 2 sets of 16-20 reps

If you have more time (45 min) perform 3 sets of 11-15 reps

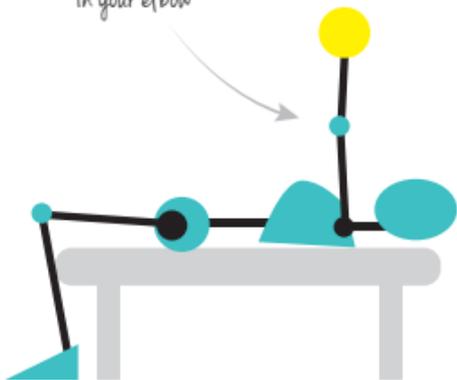
Read on for exercise instructions, tips and modifications!

dumbbell bench press:

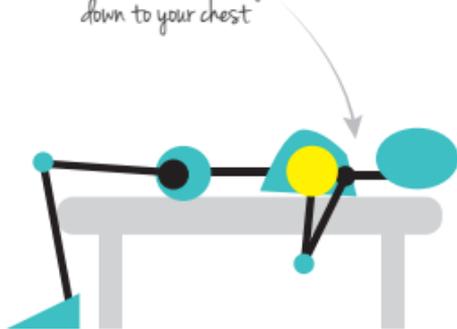


A **dumbbell bench press** is a movement when you lie on a bench and use dumbbells to strengthen your chest.

do NOT lock out your arms,
keep a gentle bend
in your elbow



do NOT cheat, bring the
dumbbells all the way
down to your chest



Start by laying on a flat bench with a dumbbell in each hand. Firmly plant your feet on the floor. Raise the dumbbells over your chest, palms facing your lower body.

Slowly lower the dumbbells down by your armpits. Slowly bring the dumbbells back up to starting position and repeat for reps.

modifications:

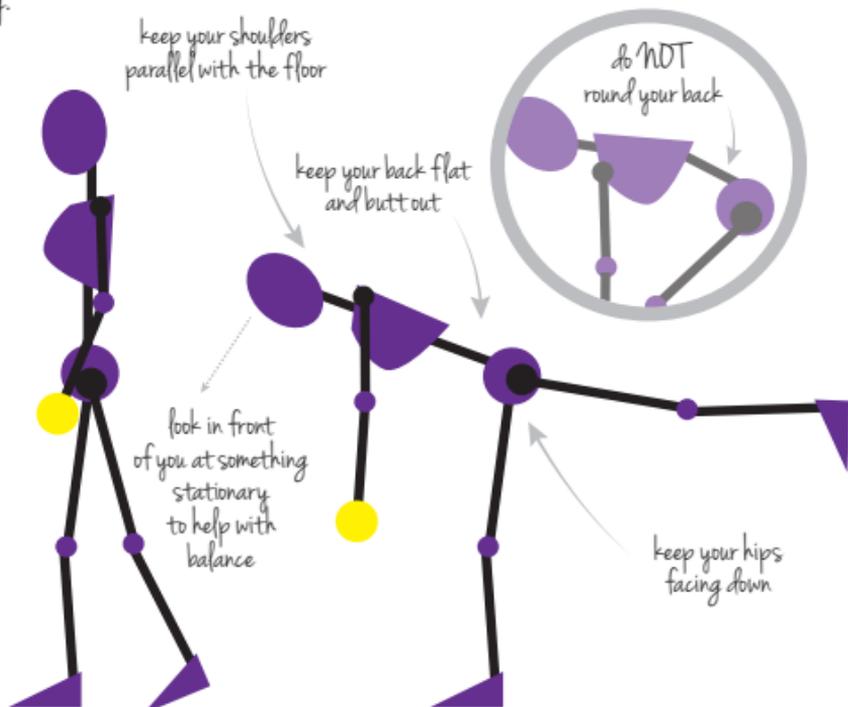
Easier? Lighten the weight.

Harder? Increase the weight, or lower only one arm at a time.

Lower back gapping with your feet on the floor? That's ok, try planting your heels on the bench to eliminate any gap between your bench and lower back.

single leg deadlift:

The *single leg deadlift* really works your glutes. It also challenges your balance and flexibility.



Start with your weight on only your right foot. Hold a dumbbell in your left hand. Your right hand will remain in line with your left as you perform the movement.

Extend your left leg back and drop your left hand down towards the ground. Only go as far as you can while keeping your back straight. Push through the heel of your right foot to bring yourself back to standing. Repeat for reps on both sides.

modifications:

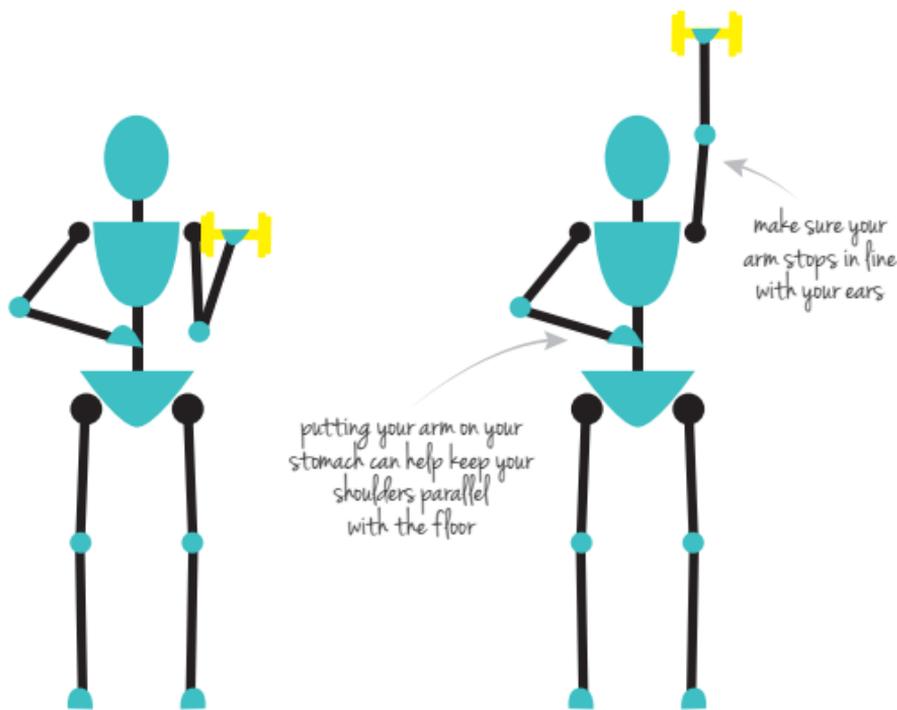
Easier? Start without any dumbbell. You can also hold the dumbbell in the same hand as the foot you have on the floor.

Harder? Increase your weight!

This is an extremely challenging move! Take your time with them. The slower you go, the more time your body has to catch up with your changing center of gravity.

one arm DB press:

A *one arm dumbbell overhead press* uses only one dumbbell, adding some extra core stabilization to the typically shoulder focused movement.



Start by standing with feet under hips, toes pointed forward. Hold a dumbbell in one hand at shoulder height, palm facing out.

Press the dumbbell overhead, making sure your arm aligns with your ears. Lower the dumbbell and repeat for reps. Repeat on other side.

modifications:

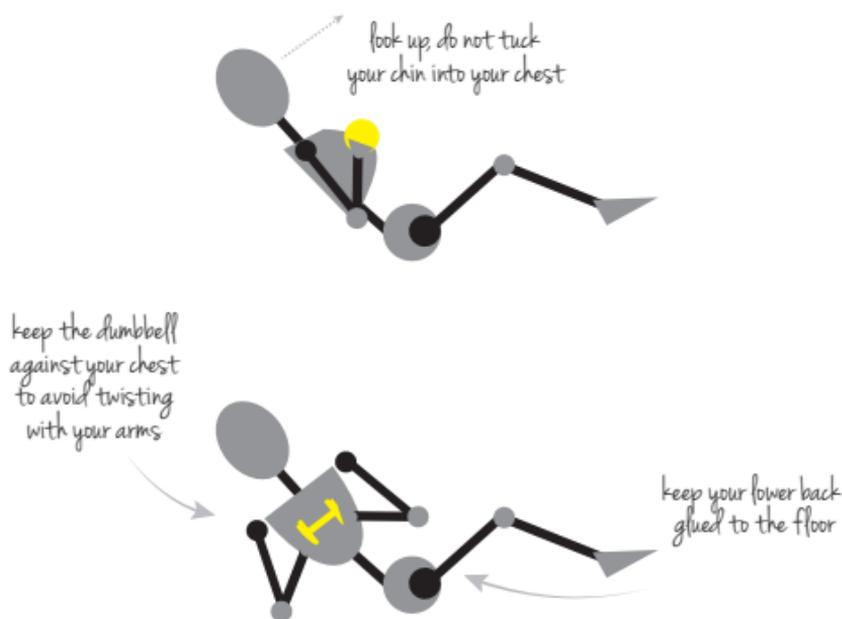
Easier? Lighten the weight.

Harder? Increase the weight. You can also try standing on a Bosu ball and performing the movement!

When the weight gets heavy on this exercise, it can be easy to over-arch your lower back. To avoid this, contract your legs and abs to help stabilize your body under the weight.

Russian twist:

A Russian twist uses a dumbbell to add weight to an already hard oblique move.



Set up your Russian twist by holding a dumbbell on your chest with both hands. Lift your feet off the floor and balance only on your seat.

Without moving your arms, twist your shoulders to the side as far as you can. Come back to center and twist to the other side. Repeat for reps.

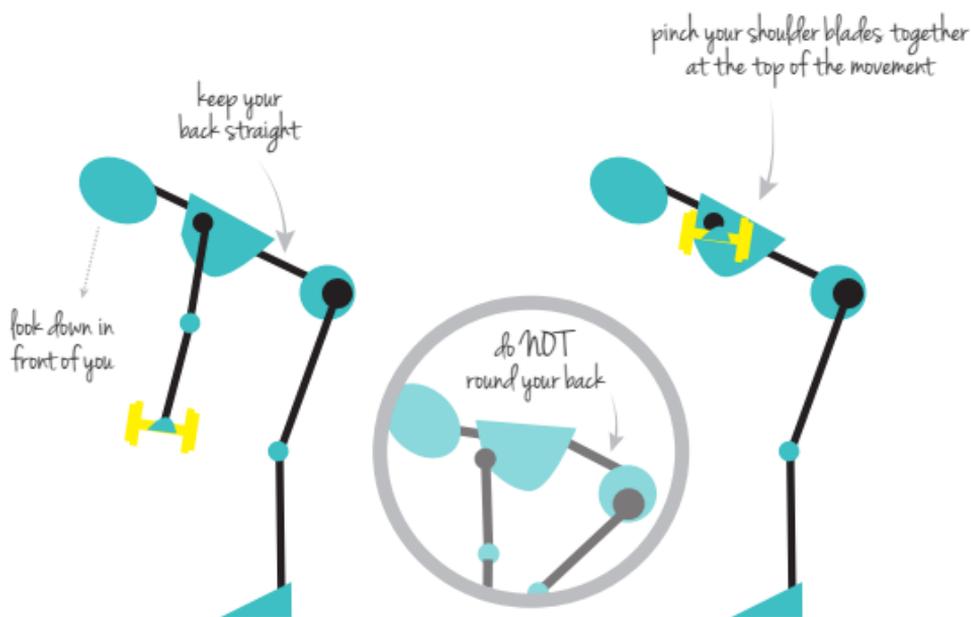
modifications:

Easier? Perform without a dumbbell. If you need extra help, place your feet on the ground.

Harder? Twist even farther, increase weight or try extending your legs out straight.

dumbbell reverse fly:

A *dumbbell reverse fly* is a surprisingly challenging move. By standing in a bent over position, you work your lower back and hamstrings with just that isometric hold. Adding the movement of the dumbbells makes for a hard exercise!



Start with your feet directly under your hips, toes pointed forward. Hold a dumbbell in each hand, palms facing in. Hinge your hips backwards and keep your back straight. Let your arms fall in front of you.

Pinch your shoulder blades together as you bring the dumbbells back, stopping in line with your torso. Let the dumbbells come back down and repeat for reps.

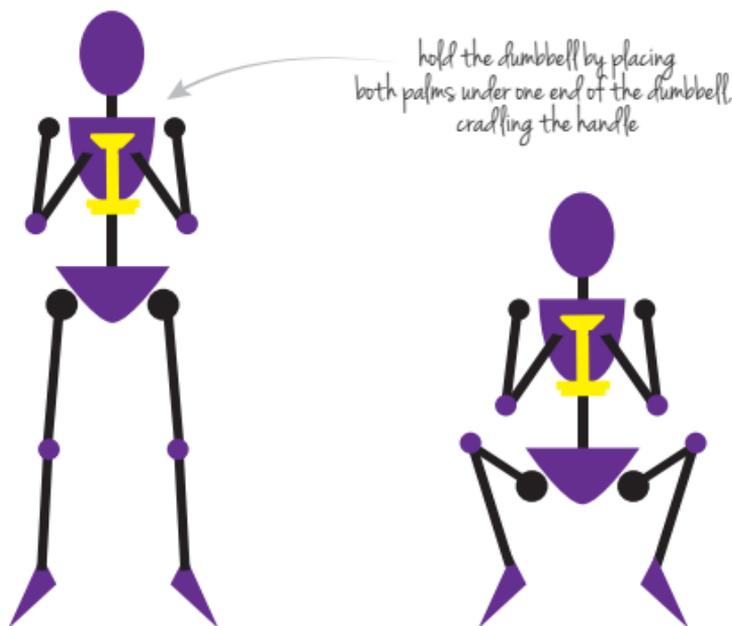
modifications:

Easier? Lighten the weight. You can also perform this move seated, although the goal is to do it standing, bent over like pictured above.

Harder? Increase the weight.

goblet squat:

A *goblet squat* uses a dumbbell as resistance. This type of squat allows you to get very deep, so use it as a way to test your flexibility.



Start in a standard squat stance, feet under shoulders and toes pointed out slightly. Hold a dumbbell like a "goblet" with both hands.

Squat down keeping your back flat and butt sticking out. Push up through your heels to return to standing. Repeat for reps.

modifications:

Easier? Start without weight.

Harder? Increase your weight, or try squatting down farther. Ideally, you will be able to get your elbows to touch your knees.