

# SEASONAL FITNESS CHALLENGE

## SUMMER TIP 2

### Full Body Dumbbell Blast Workout



BE ACTIVE



### The Workout

3-5 rounds (beginners do less), 10 repetitions per exercise

- Rest 1 minute between rounds (add rest between exercises if needed)
- Keep in mind: weight of dumbbells can be adjusted based on your fitness level or muscle group.

#### Goblet Squats



- > Select a dumbbell and position it at chest height.
- > Take a deep breath and descend by simultaneously pushing the hips back and bending the knees.
- > Once your thighs reach parallel with the floor, begin to reverse the movement.
- > Keep your abs braced and drive your feet through the floor.
- > Drive back to the starting position and repeat.

#### Palm-In Shoulder Press



- > Raise the dumbbells to shoulder height on each side, with palms facing in toward ears.
- > Keep your head up and eyes facing forward. This is the starting position for the exercise.
- > Slowly raise the dumbbells above your head until your arms are almost fully extended.
- > Lower back to starting position.

#### Dumbbell Row



- > With a dumbbell in each hand, bend over until you are at about a 45° angle.
- > Bend the elbows and lift the weights straight up as you exhale. Imagine strings on the elbows are pulling them straight up toward the ceiling.
- > Keep the back straight but not arched, abdominal muscles engaged.
- > Lower the weights in a controlled manner while inhaling, until the arms are straight.
- > Remain bent over until all repetitions are complete.

#### Single Leg Deadlift



- > Stand with your feet shoulder-width apart holding a barbell in an overhand grip (palms facing you). Your knees should be very slightly bent.
- > The aim is to maintain this slight degree of flex throughout the entire movement. Hinge at your hips and keeping the arms straight, lower the dumbbell toward the floor.
- > You do not have to reach the floor, stop when you feel the stretch in the hamstrings. Keep your back straight. Return to standing and repeat.



# SEASONAL FITNESS CHALLENGE

## Chest Press



- Place a pair of dumbbells on the floor. Lie on your back in between the dumbbells.
- Grab the dumbbells and hold them above you with arms straight. Bend the elbows to a 90° angle until the upper arms rest on the floor. Slowly straighten the arms to bring them back up to starting position.
- \*This exercise can be done on the floor if you don't have a bench to lay or lean on.

## Russian Twists



- Sit with bent knees and your feet pressing firmly into the floor, holding a dumbbell with both hands.
- Keep the elbows in close with the dumbbell at about belly button level.
- Sit back slightly, keeping your spine straight.
- Exhale as you twist to the left, inhale back to center, and then do the opposite side.
- \*For increased difficulty: elevate the feet a few inches off the ground.

## Biceps Curl



- Begin standing with the weight in one hand and your palm facing forward. Bend your arm at the elbow and curl the weight up toward your shoulder. Once you reach the top, slowly lower the weight back to your starting position. Do 15 seconds on this side, then repeat on the opposite side.

## Crunch to Leg Raise



- Lie down on your back, holding your weight straight above the chest with the legs straight and as close to a 90° angle as you can safely manage. With extended arms, squeeze the abdominals and push the weight up toward the ankles, lifting the shoulders up off the mat. Lower the shoulders, hold the weight straight up over the chest, and lower the legs together until they are approximately 8" above the mat. Raise the legs back up to the starting position and repeat.

## Lateral Lunges



- Stand with your feet wider than hip-width apart, arms straight down with weights in hand.
- Bend the right knee until it is at a 90° angle, push the hips back and down. The left leg is straight.
- Return to standing.
- Repeat on left side.

## After your workout, don't forget to stretch! Stretching helps:

- Reduce muscle tension
- Increases range of motion
- Enhances muscular coordination
- Increased circulation of the blood to various parts of the body
- Increased energy levels, resulting in increased circulation