Home Workout
Dumbbells
Introduction
This home routine is created for women and men to workout away from a gym environment. It incorporates the use of dumbbells to increase the resistance of the exercise, but also includes some body weight exercises. This routine is a short, concise workout that targets all parts of the body.

*Exercise intensity – moderate to high*

Warm Up
This workout should begin with a 5-10 minute cardiovascular activity/exercise, as well as exercise specific stretches to elevate the heart rate and prepare the body for exercise.

Workout Tips
- Hydration is vital while exercising. Ensure your client is drinking throughout the session.
- Advise your client that a carb and protein filled meal is a great post-workout food to help promote muscle growth, i.e. chicken and brown rice.
- Rest between sets should start at about 45 seconds and can be decreased to 30 second as your client progresses.
- Ensure your client has a good understanding of the correct technique for each of these exercises prior to prescribing this routine.

Cool Down
This workout should conclude with a light cardiovascular activity followed by static stretches that target the muscles used in the exercise.
Plank - Leg to Side

• Begin in prone plank position on hands & toes
• Rotate lower body & kick a foot to one side
• Keep legs as straight as possible
• Return to start position & kick foot to other side

Complete 2-4 sets of 8-12 repetitions. Rest 45s between sets.

Bench Press - Dumbbell

• Dumbbells positioned adjacent to shoulders
• Shoulder blades retracted
• Upper back slightly arched
• Push dumbbells directly towards the roof
• Lower dumbbells to start position

Complete 2-4 sets of 8-12 repetitions. Rest 45s between sets.

Reverse Fly - Bent Over

• Stand dumbbell in each hand, palms facing inward
• Slightly flex knees, bend forward from hips
• Hands in front of knees
• Lift dumbbells laterally, pause at top of action
• Return dumbbells to start position
• Keep arms slightly bent & torso stable throughout

Complete 2-4 sets of 8-12 repetitions. Rest 45s between sets.
Lunge - Dumbbell

• Feet hip width apart
• Grip dumbbell in each hand
• Take a large step forward, descend until leading thigh is parallel to floor
• Return to start position by rapidly extending leading leg
• Maintain upright posture throughout

Complete 2-4 sets of 12-15 repetitions. Rest 45s between sets.

Curl & Press - Dumbbells

• Stand with dumbbells by side, palms facing out
• Curl the dumbbells to shoulders
• Press the dumbbells overhead
• Lower to shoulders, then to side & repeat
• Maintain posture throughout

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Shoulder Flutters - Back & Forth

• Stand with feet shoulder width apart
• Arms straight & raised to the side, thumbs pointing up
• Preset shoulder blades back & down
• Move the arms back & forth in a quick and small pulsing action

Complete 2-4 sets of 15-20 repetitions. Rest 30-60s between sets.

Star Jumps

• Stand, feet close together, arms by side
• Commence star jump action
• Clap hands above head as jump legs apart
• Ground contact on balls of feet

Complete 2 sets of 30 repetitions. Rest 40s between sets.
Push Up

- Supported on hands & toes, body straight
- Lower chest towards floor
- Push up slowly
- May go on knees to make it easier

Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.

Squat - Body Weight

- Stand feet wider than hip width apart
- Arms in front of body
- Push knees forward over toes & sit backward until top of thigh is parallel to floor
- Ascend by driving hips forward & shoulders towards the roof
- Feet stay flat & lower back maintains normal curvature throughout

Complete 2-4 sets of 12 repetitions. Rest 45s between sets.

Side Bend - Dumbbell

- Stand with dumbbell in one hand
- Dumbbell positioned by side, other hand on hip
- Lower the dumbbell by bending to one side
- Lift the dumbbell by bending to the other side

Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.

Butt Kicks

- Running action, move forward slowly
- Hands placed on buttocks, palms facing outwards
- Emphasise heel lift, ankles touch hands
- Minimise knee lift
- Ground contact on balls of feet
- Vary stride rate & ground contact time
- Complete over 15-20 metres

Repeat 3-6 times. Rest 60-90s between repetitions.
Calf Stretch - Forward lunge

- Split stance
- Both feet flat on floor & pointing straight ahead
- Lean forward over front leg, keep back leg straight
- Keep heels flat
- Drop back foot further back to increase stretch

Hold for 20-40 seconds. Repeat 1-3 times.

Glute & Low Back Stretch - Lying

- Lie on back
- One leg straight, other leg bent
- Roll bent leg across body, assist with opposite hand
- Shoulders remain flat on floor

Hold for 20-40 seconds. Repeat 1-3 times.

Hamstring Stretch - Lying

- Lie on back, bend one leg to chest
- Grasp calf on elevated leg with both hands
- Straighten leg, pull foot toward head

Hold for 20-40 seconds. Repeat 1-3 times.

Triceps Stretch - Hand On Elbow

- Sit or stand
- Lift arm above head, bend elbow
- Rest hand between shoulder blades
- Use opposite hand to pull elbow down

Hold for 20-40 seconds. Repeat 1-3 times.