

DUMBBELL CORE

RUSSIAN TWIST

- 1 Sit on floor with knees bent and feet raised slightly, balancing on glutes. Keep back straight and hold dumbbell hand-over-hand above abdomen.
- 2 Without moving lower body, engage core and twist torso, bringing dumbbell to one side.
- 3 Return to starting position. Repeat on opposite side.



OBLIQUE CRUNCH

- 1 Stand with feet shoulder width apart and upright posture. Hold dumbbell at side with arms straight.
- 2 Tightening obliques, reach opposite hand to outside of knee.
- 3 Return to starting position. Repeat with other arm.



WEIGHTED SUPERMAN

- 1 Lie on stomach with arms and legs extended. Grip dumbbells with hands wider than shoulder-width apart.
- 2 Raise dumbbells and feet off floor simultaneously. Hold for 3 seconds.
- 3 Return to starting position. Repeat.



LATERAL LUNGE

- 1 Stand with feet shoulder-width apart. Hold one dumbbell in each hand with arms resting at sides. Keep back straight and shoulders back.
- 2 Lunge to the side, lowering torso and loading 75 percent of weight over bent leg. Fully extend other leg and keep both feet flat on floor. Bring both dumbbells down on either side of bent knee.
- 3 Return to starting position. Repeat on other side.



HIP THRUST

- 1 Lie on back with knees bent and feet flat on mat. Hold dumbbell on the ends resting it on hips.
- 2 Tighten core and glutes to raise hips up off floor until thighs and torso are aligned.
- 3 Return to starting position. Repeat.



SQUAT

- 1 Stand with feet shoulder-width apart and knees slightly bent. Hold dumbbells parallel to floor at shoulder-height.
- 2 Extend glutes and squat, bending knees until thighs are parallel to floor. Keep knees out, core tight, back straight, chest up, and weight balanced.
- 3 Return to starting position. Repeat.



FRONT RAISE

- 1 Stand with feet shoulder-width apart. Grip dumbbells with arms in front of hips. Keep back straight and shoulders back.
- 2 Engage shoulders and lift arms out to the front until parallel with floor. Keep arms fully extended throughout motion.
- 3 Return to starting position. Repeat.



REVERSE FLY

- 1 Stand with feet shoulder-width apart and knees bent. Hinge at the hips and grip dumbbells together at knee-height. Keep back straight and shoulders back.
- 2 Pinch shoulder blades and raise arms out to the sides until they are parallel with floor. Keep arms extended throughout motion.
- 3 Return to starting position. Repeat.



TRICEPS EXTENSION

- 1 Stand with feet shoulder-width apart. Grip dumbbell vertically with both hands behind head. Keep back straight and shoulders back.
- 2 Keeping core tight and shoulder blades pinched, fully extend arms to press dumbbell overhead.
- 3 Return to starting position. Repeat.

