

Loadable Dumbbell Workouts

EPW – Weightlifting (time: 15-30 minutes)

5 Single-arm Snatch (R/L – 10 total)
5 Single-arm Overhead Squats (R/L – 10 total)
Rest 30-60 seconds; repeat for 3-5 rounds

REST 2 minutes

5 Single-arm Cleans (R/L – 10 total)
5 Single-arm Front Squats (R/L – 10 total; hold DBs against chest)
Rest 30-60 seconds; repeat for 3-5 rounds

EPW – Powerlifting

Every minute for 10 minutes
5 Squats
5 Bench/Lying Presses
5 Deadlifts (conventional or Sumo)

EPW – Hybrid: Functional/Tactical Training (time: 30-45 minutes)

12 Reverse Lunges (alternate legs – 6 ea leg)
12 Alternating-arm bicep curl to overhead press (6 ea arm)
12 Lateral Lunges (alternate legs – 6 ea leg)
12 Alternating-arm Bent-over Rows (6 ea arm)
Rest 60 sec.; repeat for 3-5 rounds

REST 2 minutes

7 Front Raises
7 Lateral Raises
7 Bent-over Triceps Kick-backs
7 Push-ups (hands on DBs; push-up from knees, if more appropriate)
30 sec Farmers Carry (can march in place, if more appropriate)
Rest 60 sec; repeat for 3-5 rounds