



## Dumbbell Training – Functional Strength Development

Welcome to Eleiko's total-body dumbbell training program. It consists of three weekly sessions, each 60 minutes long, using only dumbbells and bodyweight. The program builds muscle, power, and endurance with focused blocks designed to boost real-world performance. Each session begins and ends with 5-10 minutes of warm-up and cool-down.

PROGRAM KEY						
BB   Barbell		DB   Dumbbell	SA   Single Arm	SL   Single Leg	RDL   Romanian Deadlift	FF   Front Foot
Interval	Perform a set then rest. Repeat for total # of sets.					
Circuit	Perform exercises back-to-back then rest. Repeat for all sets.					
Cont.	'Continuous' – perform exercises back-to-back with no rest for stated number of time and sets.					
RPE	Rate of Perceived Exertion – provides suggested intensity for load based on a scale of 1-10 (1 = min effort; 10 = max effort)					
W1, W2, etc	Refers to Week 1, Week 2, etc.					

TRAINING SESSION 1: 3 separate blocks of exercises designed for total body strength development																		
TRAINING BLOCK	MOVEMENT	MODE	METHOD															
			RPE				Sets				Reps/Time				Rest			
			W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4
1	DB SA Hange Power Snatch *DB Swing	Circuit																
	Plank w/ Shoulder Tap		6	6	7	7	2	2	2	2	5	5	5	5	:60	:60	:60	:60
2	DB Goblet Squat	Circuit																
	DB Row, Alternating *Hold at top		5	5	6	6	2	3	3	3	8	8	10	12				
	Push Up																	
	Rest														:40	:45	:30	:40
3	DB Reverse Lunge	Cont.																
	DB OH Press - 1/2 Kneeling		5	5	6	6	2	2	3	3	:30	:30	:30	:30	NONE			
	DB Farmer Hold – March In Place																	



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TRAINING SESSION 2: 3 separate blocks of exercises designed for total body strength development																		
TRAINING BLOCK	MOVEMENT	MODE	METHOD															
			RPE				Sets				Reps/Time				Rest			
			W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4
1	DB SA High Pull	Circuit	6	7	8	6	2	2	2	2	5	5	4	3				
	Bodyweight Broad Jump										3	3	3	3				
	4-Point Crawl fwd/bwd										:20	:20	:20	:20	:90	:90	:90	:90
2	DB Deadlift	Circuit	6	7	8	6	2	3	4	4	8	8	6	6				
	DB Bench/floor Press - Alternating																	
	DB Straight Leg Sit Up																	
	Rest						:90	:90	:90	:90								
3	DB Lateral Squat, Alternating	Circuit	6	6	6	6	2	3	3	3	8	8	10	12				
	DB Curl to OH Press – ½ Kneeling										8	8	10	12				
	DB Shoulders Elevated SL Hip Lift										8	8	10	12	:60	:60	:60	:60

TRAINING SESSION 3: 3 separate blocks of exercises designed for total body strength development																		
TRAINING BLOCK	MOVEMENT	MODE	METHOD															
			RPE				Sets				Reps/Time				Rest			
			W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4
1	DB Push Jerk	Circuit	7	8	9	9	2	3	4	4	5	4	4	3				
	DB Non-counter movement Jump						2	2	3	3	:20	:20	:20	:20				
	Lateral Plank						2	2	3	3	:20	:20	:20	:20	:60	:60	:60	:60
2	DB Goblet Split-Squat	Circuit	7	7	8	8	2	3	4	4	8	6	4	4				
	DB SA Row																	
	Rest																	
3	DB SL Deadlift *Staggered DL	Cont.	7	8	8	8	2	3	3	3	8	8	6	6	NONE			
	DB Bench/floor Press										8	8	6	6				
	DB Suitcase Carry										:30	:30	:30	:30				