

Dumbbell Workout

A dumbbell workout you can do with either just one pair of dumbbells or two, one pair with light weight and one pair with medium weight. Adjust weights based on your strength level and focus on maintaining proper form to prevent injury and maximize effectiveness. Increase weights gradually as you become stronger to continue challenging your muscles and making progress. Rest for 1-2 minutes between sets.

Warm-up

Jog in place or jump rope for 5-10 minutes to get your heart rate up and warm up your muscles.

1. Chest

- Dumbbell Chest Press: 3 sets of 10-12 reps (medium dumbbells)
- Chest Flyes: 3 sets of 10-12 reps (light dumbbells)

2. Back

- Dumbbell Rows: 3 sets of 10-12 reps per arm (medium dumbbells)
- Single-Arm Dumbbell Rows: 3 sets of 10-12 reps per arm (medium dumbbells)

3. Shoulders

- Shoulder Press: 3 sets of 10-12 reps (medium dumbbells)
- Lateral Raises: 3 sets of 10-12 reps (light dumbbells)

4. Legs

- Goblet Squats: 3 sets of 10-12 reps (medium dumbbells)
- Lunges: 3 sets of 10-12 reps per leg (medium dumbbells)

5. Arms

- Bicep Curls: 3 sets of 10-12 reps (medium dumbbells)
- Tricep Kickbacks: 3 sets of 10-12 reps (light dumbbells)

6. Core

- Russian Twists: 3 sets of 15-20 reps (light dumbbells)
- Weighted Sit-ups: 3 sets of 10-12 reps (medium dumbbells)

Cooldown

Spend 5-10 minutes with a foam roller to improve flexibility and reduce muscle soreness.