



<http://weight-lifting-guide.com>

Dumbbell Workouts

Here are a selection of dumbbell workouts for weight training. You can get a great full body workout with only a pair of dumbbells and if you own your own set you can even have a great workout in the comfort of your own home.

I like using dumbbells for a variety of reasons:

They are cheap and if you are training at home they are only really all you need to have a great workout.

Dumbbell workouts permit individualized and optimized alignment of joints which makes the exercises both safer and more effective. The movements are more natural to your body and decreases the chances of injuries.

When performing exercises such as presses you can get lower down with the weights getting a greater stretch from your workouts.

There is a huge variety of exercises to choose from and your whole body is covered.

Dumbbells also help work the stabilising muscles which helps with total body development.

You dont need a spotter as much as you would with heavy barbell workouts.

The best thing about dumbbells is that a set of spin lock dumbbells and some weight will set you back around \$30-50 for a basic set, you can perform lots of different exercises with these and when you out grow the weight you can just purchase more plates, which are usually sold in most good stores such as wal mart, tescos etc. And if you are using a gym then they usually have fixed weight dumbbells which are great for quickly changing the weight and doing dumbbell training such as running the rack and strip sets.



A Beginner Dumbbell Workout

This beginner workout is a full body workout using nothing more than a set of dumbbells and a bench. I like dumbbells because of the versatility, there are hundreds of different exercises you can do with them.

The rules

Perform this workout 3 times a week with at least 1 day break between workouts.

Take 1 second to lift the weights, and 3 seconds to lower them. (301 tempo)

Always full stretch before and after your workout.

3 sets of 12 reps for each exercise.

Rest 30 seconds between sets.

Rest 60 seconds between exercises.

Do this workout for 6 weeks and then move on to a body split.

The workout

You are going to split your body down into basic body parts and do 1 exercise for each in this workout.

Chest
Back
Shoulders
Arms
Legs



The Exercises

Dumbbell Bench Press
Dumbbell Bent Over Rows
Dumbbell Shoulder Press
Hammer Curls
Dumbbell Deadlifts
Dumbbell Squats

Follow these exercises in order using the rules above for a great muscle building workout.

<http://weight-lifting-guide.com>