

Dumbbell Routines

We strongly recommend you consult a physician before beginning any exercise regime.



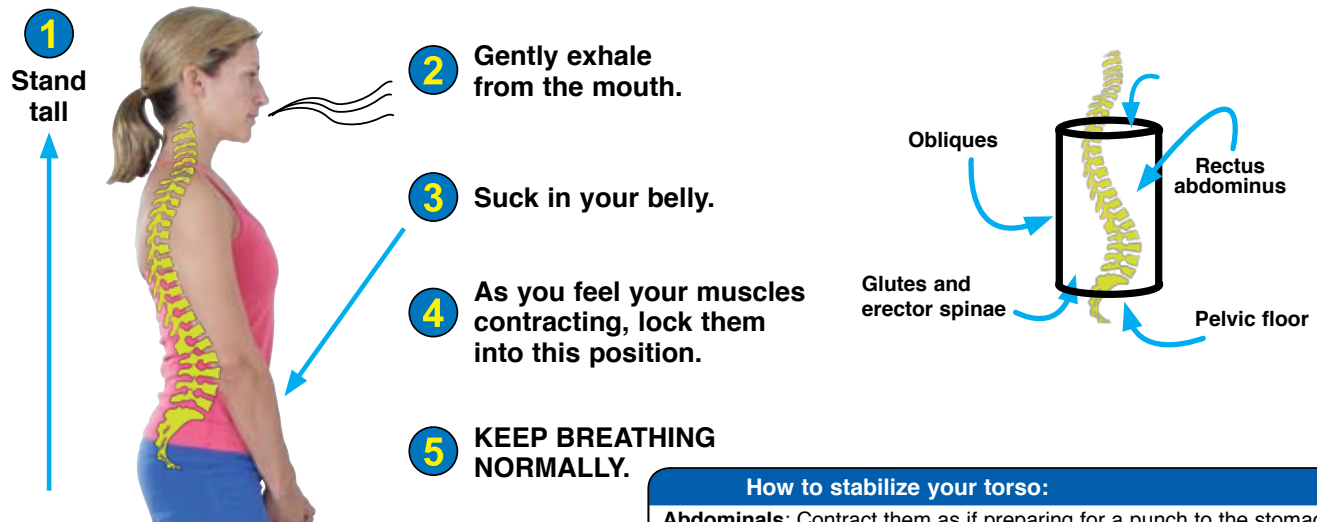
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Weight Training Safety

- Always warm up before you start a workout
Try to do a total body warm-up before you start training. A good example of a total body warmup is using a rowing or skiing machine. It is especially important to warm up the specific muscle groups you are going to be using. A weight training warm-up can be as simple as performing the specific exercise at 25% to 50% of the weight you normally lift at very high reps.
- Use proper posture
Maintaining proper posture will greatly reduce chances of injury and maximize exercise benefit. When standing, always keep your feet shoulder width apart. Do not lock your knees; it puts an unnecessary strain on them. Keep your back flat and straight, making sure not to twist or arch it in order to complete an exercise.
- Use proper form
Focus on only working the muscle groups intended for the exercise you are doing. If you feel strain elsewhere you may need someone to critique your exercise motion or reevaluate the amount of weight you are lifting. Keeping proper form also means lifting in a smooth fluid motion. Know when your muscles are too tired to keep going.
- Breathe properly
Never hold your breath during any part of an exercise. Holding your breath may cause severe intra-thoracic pressure and raise blood pressure leading to dizziness, blackout or worse! The rule of thumb is to exhale slowly through “pursed lips” on exertion and inhale on the return part of the exercise.
- Stop training if you feel pain
If you feel pain during a specific exercise stop immediately. Any continuation may aggravate an existing injury. Reevaluate your routine to make sure you are doing a proper warm-up. Decrease the amount of weight you are lifting.

Torso Stabilization



How to stabilize your torso:

Abdominals: Contract them as if preparing for a punch to the stomach.

Diaphragm: A quick inhalation through the nose to below the naval.

Spinal Muscles: Arch your lower back slightly.

Pelvic Floor: Men: imagine walking into a cold lake and squeeze.

Woman: stop urination mid-flow.

Glutes (buttocks): Try to lift them slightly.

Exhaling: Purse your lips and make a hissing sound.

Torso stabilization is the process of tightening the “core” muscles around your spine to protect you from injury during any lifting, pushing or pulling movements. The core muscles are grouped into two units; the inner core and the outer core (page 8). Both units need to contract in a co-ordinated manner to provide maximum protection and performance.

Why is it so important to learn this technique?

Torso stabilization is essential since the spine acts as the body’s anchor from which all other muscles pull in order to effectively function. Without this muscle and spine co-ordinated effort, the risk of injury is high. Worse, our lack of fitness, combined with the degeneration processes of aging and also a poor understanding of how to tighten the core can be a recipe for disaster.

Think of the core as creating a cylinder-like squeeze around your spine. As you contract this cylinder, all sides of the muscular walls close in together to enhance the compression force and support of your spine.

Warm Up

Always warm up before you start a workout. Performing a total body warm up before you start training does a number of beneficial things; however its main purpose is to prepare the body and mind for more demanding activity. During a warm up your body temperature begins to increase, including your muscle temperature, this helps to make the muscles loose, supple and pliable. Your heart rate and respiratory rate increases which increases the delivery of oxygen and nutrients to your working joints and muscles, thus preparing the body for exercise.

Some effective ways you can warm up for your hotel room exercise routine includes going for a brisk walk outside, walking up and down the stair wells (make sure to pump your arms briskly during these to help warm up your upper body). If you want to warm up in your room you can do a series of jumping jacks, running in place, wall pushups and getting up and down onto your chair or bed repeatedly.

A warm up should last at least 5 minutes and some signs that your body has warmed up enough is light perspiration and an increased breathing rate.

Beginner

Upper

Standing Side Raise	pg.24
Bent Over Row	pg.40
Side Lying Neutral	pg.32
Bench Press	pg.37
Standing Biceps Curl	pg.43
Kick Back	pg.47



Lower

Squat	pg.50
Seated Calf Raise	pg.55
Side Squat Lunge	pg.54

Abdominals

Two arm Dumbbell Crunch	pg.59
Pointing Dog	pg.63

Plan

Do 10-12 repetitions of each exercise, take a 1minute break and then repeat until you have completed 3 sets. Complete in the following order

Bench Press	pg.37
Squat	pg.50
Standing Side Raise	pg.24
Pointing Dog	pg.63
Bent Over Row	pg.40
Side Squat Lunge	pg.54
Kick Back	pg.47
Two Arm Dumbbell Crunch	pg.59
Standing Biceps Curl	pg.43
Seated Calf Raise	pg.55
Side Lying Neutral	pg.32

Intermediate

Upper

Seated Incline Deltoid Raise	pg.26
Shoulder Press	pg.23
Bent Over Reverse Flye	pg.29
Side Lying with Arm Braced	pg.33
Flyes	pg.39
Incline Biceps Curl	pg.44
Seated Tricep Press	pg.46



Lower

See-Wall Squat	pg.51
Split Squat	pg.52
Standing Calf Raise	pg.56
Side Squat Lunge	pg.54

Abdominals

One arm Dumbbell Crunch	pg.60
Bridge with Dumbbell	pg.61

Plan

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Incline Biceps Curl	pg.44
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Advanced

Upper

Alternating Front Deltoid Raise	pg.31
Lying Single Arm Flyes	pg.28
Bent-Over Flattener	pg.30
Against the Wall External Rotator	pg.34
Lying Tricep Press	pg.48
Concentration Curls	pg.45
Lying Pullover	pg.38



Lower

Dead Lift	pg.41
Split Squat	pg.52
Lunge	pg.53
Walking Heel Raises	pg.57

Abdominals

One arm Dumbbell Crunch	pg.60
Reverse Leg Lift	pg.62

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