

# EXERCISE CHART

## DUMBBELL 3KG HEX



# Active

## WARM UP

### 1. SHOULDER CIRCLES



Stand with feet shoulder width apart, place hands on shoulders and move elbows in a large circle in either direction.

### 2. HIP CIRCLES



Stand with feet shoulder width apart, bring one knee across the midline of the body and circle it outwards tracing a large circle with the knee. Return to start position and repeat on the other side.

### 3. AIR SQUATS



Stand with feet shoulder width apart, take the arms outstretched in front of the body at shoulder height and sit down to 90 degrees at the knees. Keep the weight in the heels and push back up to standing.

## UPPER BODY

ISOLATED EXERCISES

INTEGRATED EXERCISES

### 4A. SHOULDER PRESS



Stand with feet shoulder width apart, palms facing forward. Push the dumbbells from shoulder height to overhead and return to start position.

### 4B. THRUSTER ROTATION



Holding dumbbells at shoulder height and palms facing inward, sit into a 90 degree squat. Stand and push the dumbbells over head whilst turning the torso. Alternate each side.

### 5A. UPRIGHT ROW



Stand with feet shoulder width apart, palms facing backward. Pull the dumbbells from a low straight-arm position to just beneath the chin, keeping elbows high and wrists straight.

### 5B. CLEAN



Repeat the Upright Row but drive the movement up through the legs. When the dumbbells are at chest height, rapidly lower the hips and drop the elbows flipping the dumbbells so the wrists are facing forward.

### 6A. BENT OVER ROW



Stand with feet shoulder width apart, slightly bent knees and palms facing in. Bend from hips until dumbbells reach just below knees. Draw elbows back to pull dumbbells towards your hip bone and return to start position.

### 6B. SINGLE LEG ROW



Stand on one leg with the hips square. Perform the Bent Over Row (6A) on one leg. Repeat other side.

### 7A. TORSO ROTATION



Stand with feet shoulder width apart, hold one dumbbell at shoulder height in front of the body and twist towards each side.

### 7B. WOOD CHOP



Stand with feet shoulder width apart, hold one dumbbell cross-body at the hip allowing the torso to rotate. Move the dumbbell from the low position to a diagonal high position. Allow the foot to pivot for added range. Repeat other side.

### 8A. BICEP CURL



Stand with feet shoulder width apart, palms facing forward and elbows by the ribcage. Bring the dumbbells from the low extended arm position to the top of the shoulders and return to start position.

### 8B. LATERAL LUNGE



Stand with feet together, dumbbells in starting bicep curl position. Step to the side and drop into a lunge whilst performing a bicep curl. Push back to standing position and release the curl. Repeat on other side.

### 9A. TRICEP EXTENSION



Stand with feet shoulder width apart, grab one dumbbell with both hands and push it overhead. Keep the elbows in and lower the dumbbell behind the head before returning to the top.

### 9B. PLANK KICKBACKS



Assume Plank position with dumbbells under the shoulders and hips inline with the body. Lift one elbow to the ribcage and push the dumbbell backward before returning to the ribs and ground. Repeat on other side.



10A. LATERAL RAISE



Stand with feet shoulder width apart, palms facing in. Keep a slight elbow bend and raise the dumbbells to just below shoulder height ensuring the shoulders stay down. Return to start.

10B. SQUAT PUNCH



Hold dumbbells at shoulder height with palms facing in. Sit into a 90 degree squat and stand whilst pushing one arm across the body in a straight arm punch. Return to the centre and change sides.

11A. CHEST PRESS



Lie on your back with a dumbbell in each hand. Elbows just below shoulder height and wrists directly above the elbows. Push the dumbbells up to meet in line with the mid-chest. Slowly lower and repeat.

11B. BRIDGE CHEST PRESS



Set up Ches Press (11A) position. Push the hips high and raise one leg so the thighs are in line with each other. Perform the chest press keeping hips high before returning to the floor and swapping legs.

LOWER BODY

ISOLATED EXERCISES

INTEGRATED EXERCISES

INTEGRATED CARDIO

12A. LUNGE



Stand with feet shoulder width apart, dumbbells resting on shoulders, palms facing in. Step forwards and drop the back knee toward the floor. Push back to start using the front leg. Repeat on the other side.

12B. CURTSY LUNGE



Stand with feet hip width apart, dumbbell in each hand, elbows bent at 90 degrees. Step backward on the diagonal and drop the back knee towards the floor, simultaneously lift the arms to shoulder height. Return to start and repeat on other side.

15. BURPEE TO FRONTRISE



Stand with dumbbells in each hand. Bend down placing dumbbells on the floor (arms shoulder width apart); jump the legs back into a plank. Jump the legs back to the front of the body so they are hip width apart. Return to stand, whilst pushing the arms overhead. Return dumbbells to the side of the body and repeat.

16. SUMO SQUAT JACKS



Start with feet hip width apart, dumbbells in each hand, palms in. Jump the feet out wide and sit into a low squat position. Allow the dumbbells to lower toward the floor before jumping feet together, returning to the start. Keep the chest lifted and eyes forward throughout the movement.

13A. ROMAN DEADLIFT



Stand with feet shoulder width apart with knees slightly bent, palms facing backwards. Tip from the hip until the dumbbells reach the mid-shin. Maintain slightly bent knees, avoid rounding the back. Use the hamstrings and lower back to return to standing position.

13B. SINGLE LEG DEADLIFT



Repeat the Roman Deadlift (13A) technique standing on one leg. Change legs after each repetition.

17. JABS



Stand with feet shoulder width apart, dumbbells in each hand at shoulder height, palms in. Extend alternating arms punching forward keeping the core braced and the torso moving in a natural twisting motion.

18. HIGH KNEE RUNS WITH OVERHEAD PRESS



Stand with feet together, dumbbells in each hand at shoulder height, palms in. Lift one knee to hip height and take the opposite hand in a punch overhead. As you swap legs , swap arms in a running and reaching motion.

14A. SQUAT



Stand with feet shoulder width apart, dumbbells at shoulder height, palms facing in. Sit to 90 degrees at the knees. Keep weight in the heels, chest proud and core braced to return to standing.

14B. CLOCK SQUAT



Stand on one leg, dumbbell in opposite hand. Perform a single leg squat, simultaneously touch the dumbbell on the floor at ten o'clock. Return to the start. Repeat at twelve and two o'clock returning to start in between each squat.

19. JUMPING LUNGES



Stand with feet hip width apart holding one dumbbell at chest height. Move into a lunge position whilst rotating the torso across the front leg. Jump on to other side and rotate the torso simultaneously. Repeat on other side.

20. TWISTER



Stand with feet in a narrow stance holding the dumbbell at chest height. Do a low jump to face the left whilst turning your torso in the opposite direction. Repeat by jumping to the right, turning your torso to the left.

WORKOUTS

WARM UP

5

MINUTES

Repeat the circuit 2x:

Exercise	Repetitions/Time	Orientation
1	15	R Leg
1	15	L Leg
2	15	R Leg
2	15	L Leg
5A	15 (Tone only)	N/A

or

TONE

30

MINUTES

TONE ZONE

Use a temp of "up" or "out" for one and "down" or "in" for two depending on the exercise.

Exercise	Repetitions/Time	Orientation
11A	10	N/A
9B	9	Each side
Repeat the above circuit x3		
6A	10	N/A
8A	10	N/A
Repeat the above circuit x3		
14A	10	N/A
12B	10	N/A
13A	10	N/A
Repeat the above circuit x3		
4A	10	N/A
7B	5	Each side
Repeat the above circuit x3		

Repeat the sequence x 1

BURN

30

MINUTES

BURN ZONE

Intensity should be around 7 out of 10.

Exercise	Repetitions/Time	Orientation
4B	45 sec (15 sec rest)	N/A
6B	45 sec (15 sec rest)	N/A
15A	45 sec (30 sec rest)	N/A
Repeat the above circuit x 1		
8B	45 sec (15 sec rest)	Alternate sides
6B	45 sec (15 sec rest)	Alternate sides
16A	45 sec (15 sec rest)	N/A
Repeat the above circuit x1		
11B	45 sec (15 sec rest)	Alternate legs
13B	45 sec (15 sec rest)	Alternate sides
18A	45 sec (15 sec rest)	N/A
Repeat the above circuit x1		
10B	45 sec (15 sec rest)	N/A
14B	45 sec (15 sec rest)	Alternate sides
17A	45 sec (15 sec rest)	N/A
Repeat the above circuit x1		

SHRED

30

MINUTES

SHRED ZONE

Intensity should rate around 8 to 9 out of 10.

Exercise	Repetitions/Time	Orientation
20	45 sec (15 sec rest)	N/A
18	45 sec (15 sec rest)	N/A
15	45 sec (15 sec rest)	N/A
Active recovery:		
8	60 sec	N/A
19	45 sec (15 sec rest)	N/A
17	45 sec (15 sec rest)	N/A
16	45 sec (15 sec rest)	N/A
Active recovery:		
9	60 sec	N/A

Repeat the sequence x 3