



Dumbbell Circuit: Workout 1

Wild Basin Fitness

3 circuits

10 reps
per exercise

60 secs
between circuits

35min



Wild Basin Fitness



Perform 10 reps of each exercise in a circuit, resting 60 seconds between circuits, unless otherwise indicated. Perform 3 full circuits.

Increase your strength and endurance, boost your metabolism and shed body fat with these dumbbell-only

Intensity

Reps: 10

Circuits: 3

Load: CHALLENGING

Rest: 60 secs between circuits

Perform 10 reps each exercise in a circuit, resting 60 seconds between circuits.

Perform 3 full circuits.

Circuit

Perform each exercise in the workout, one after another, and then rest. This is one circuit.

Split Squat

Legs



- 1 - Stand upright with your feet split front to back holding dumbbells at your sides.
- 2 - Lower your body toward the floor, bending at the hips and knees and leaning your torso slightly forward with your weight on the front leg.
- 3 - Push off the front foot to return to start position, keeping

Bench Press

Chest



- 1 - Lie on a bench holding dumbbells at shoulder level with your elbows bent.
- 2 - Press the dumbbells up over your chest, straightening your arms.

- Lower the dumbbells back to shoulder level and repeat.

Bent Over Row

Back



- 1 - Holding a dumbbell in one hand with your arm straight, place the opposite knee and hand on a bench, keeping your back flat.
- 2 - Lift the dumbbell up to the side of your chest, bending at your elbow.

- Lower the dumbbell back to a straight arm position,

Overhead Press

Shoulders



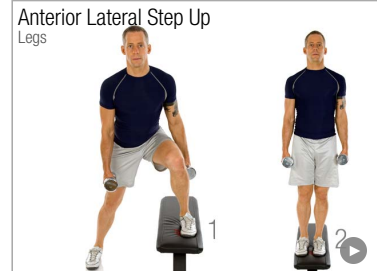
- 1 - Stand upright holding dumbbells at shoulder height with your elbows bent and your palms facing forward.
- 2 - Press the dumbbells overhead, extending your arms fully.

- Keep your back flat throughout the movement.

Equipment Sub: Barbell

Anterior Lateral Step Up

Legs



- 1 - Stand to the side of a bench with one foot on the bench slightly in front holding dumbbells by your sides.
- 2 - Push down on top foot, stepping up and laterally onto the bench.

- Step down and back with the outside foot, keeping the other on the bench.

Weighted Crunch

Abs

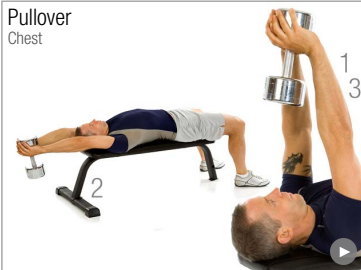


- 1 - Lie on your back with your knees bent and feet flat holding a dumbbell in both hands at your upper chest.
- 2 - Lift your head and shoulders off the floor, keeping your knees bent and feet flat.

- Lower your head and shoulders and repeat.

Pullover

Chest



- 1 - Lie on your back holding one dumbbell in both hands with your arms extended up over your chest.

- 2 - Lower the dumbbell back behind your head, keeping your arms straight.
- 3 - Raise the dumbbell back up over your chest, returning to the start position.

Twisting Curl

Biceps



- 1 - Stand upright holding the dumbbells by your sides with your arms straight and your palms facing inward.

- 2 - Raise the dumbbells up to your shoulders, turning at the wrists, finishing with your palms facing back.
- Keep your elbows close to your sides throughout and do not swing your arms or upper body.

Kickback

Triceps



- 1 - Hold a dumbbell in one hand with your elbow bent up at shoulder height, placing the opposite knee and hand on a bench with your back flat.

- 2 - Lift the dumbbell up and back, straightening your arm.
- Keep your shoulder steady and your back flat throughout.

Side Bend

Abs



- 1 - Stand upright holding one dumbbell to one side, bend over to that side.
- 2 - Bend to the opposite side, moving through your midsection.

- Complete all reps on one side before switching to the other side.