

# DUMBBELL DYNAMITE

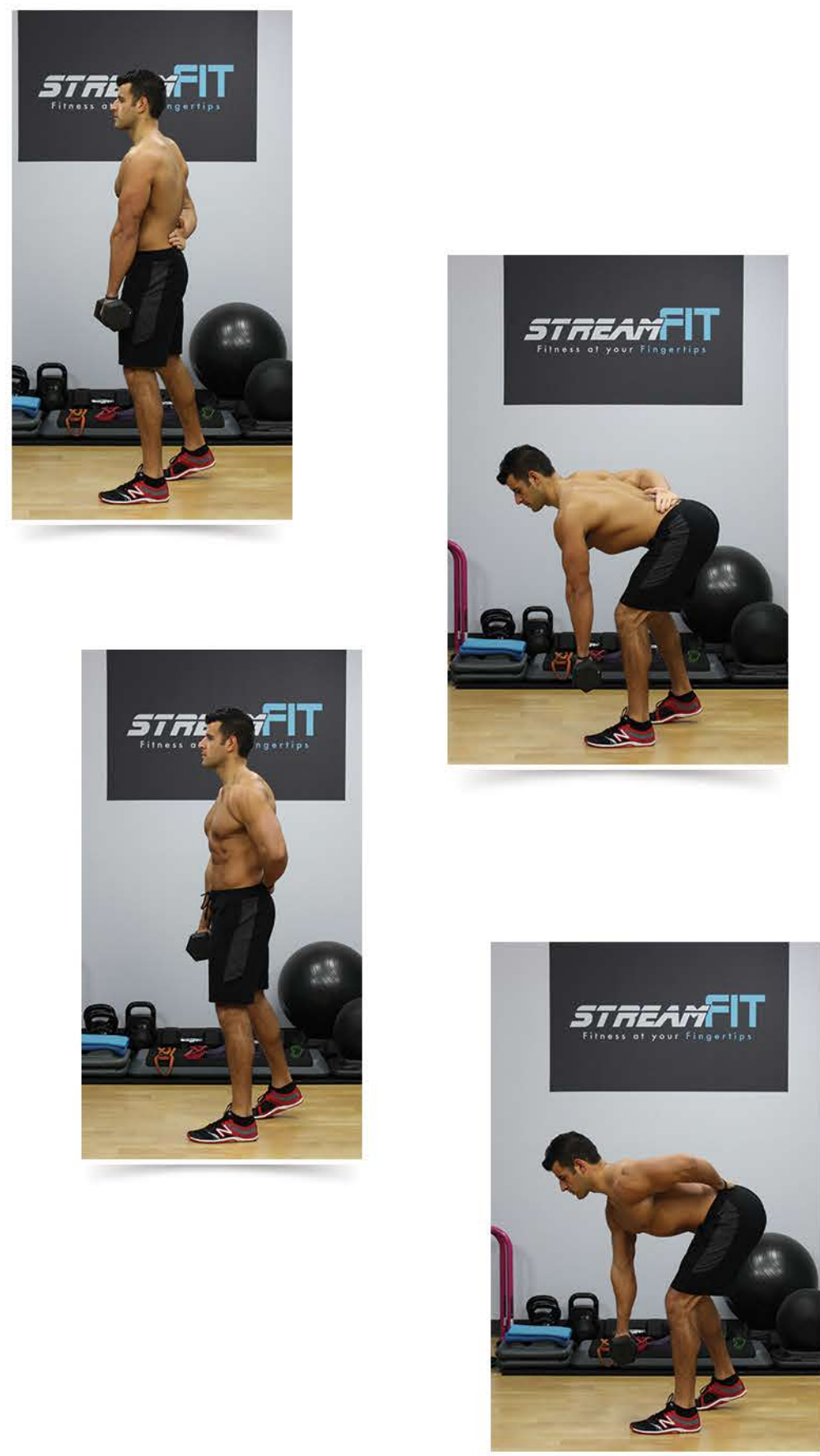
## SINGLE DUMBBELL WORKOUT A

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Listed One of "THE 100 FITTEST MEN OF ALL-TIME" by Men's Health

**Directions:** All you need is a single dumbbell to transform your body! Alternate between 50 seconds of work and 10 seconds of rest for each exercise in the following 5-exercise circuit. That's 1 cycle. Perform 2 total cycles for a 10-minute workout.



### 1. DB Single-Arm Staggered Hip-Hinges Progression

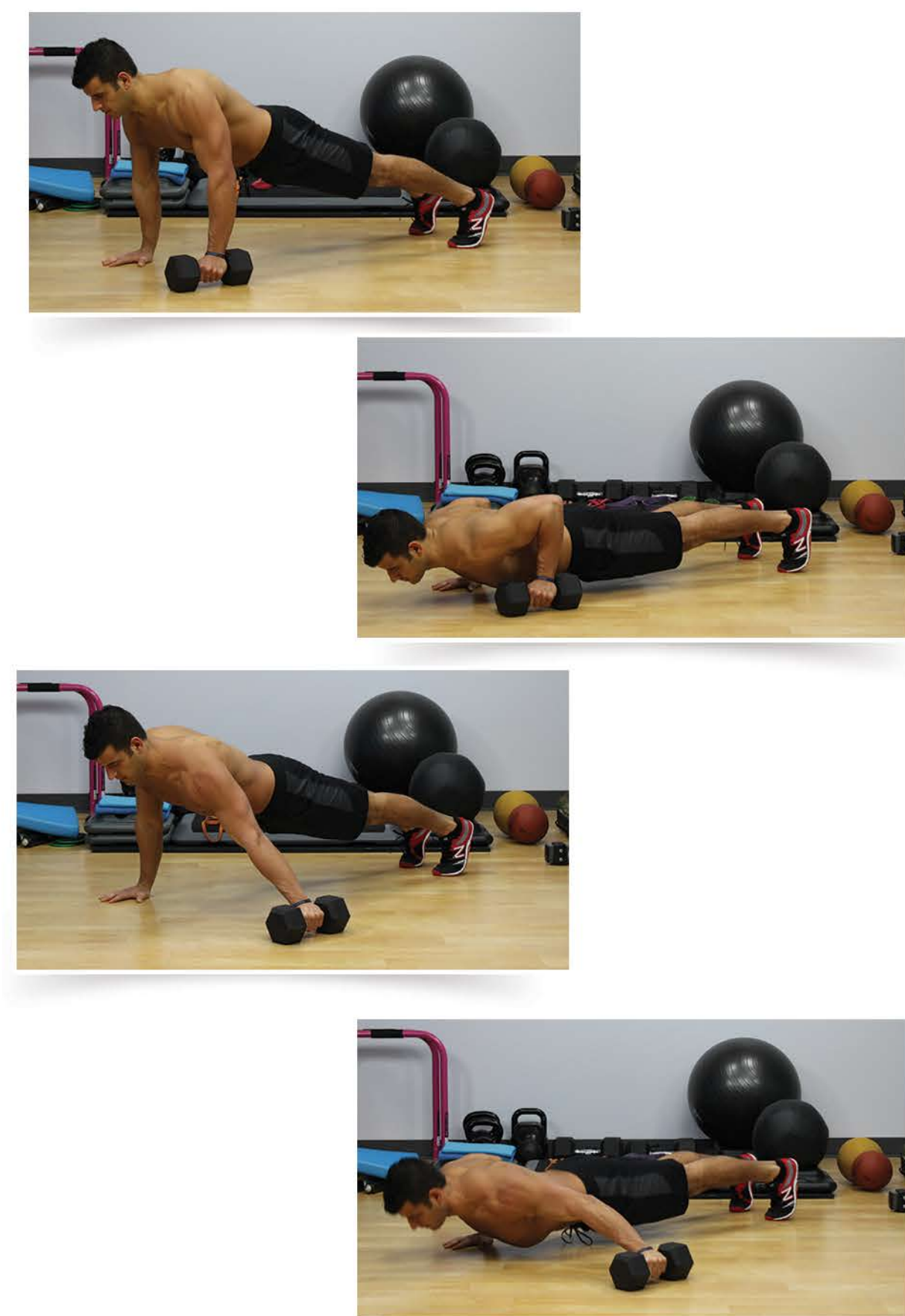


**How to Do It:** Assume a staggered stance with your left foot forward and your right foot back. Your right toes should be aligned with your left heel. Hold a dumbbell in your left hand (ipsilateral loading) and hingeback at your hips until your trunk is parallel to the floor with a flat back. Hold for a count and then return to the starting position and repeat. Switch sides at the halfway mark.

**Make it Easier:** Decrease the load.

**Make it Harder:** Increase the load or hold the weight in the opposite hand of your lead leg (contralateral loading).

### 2. DB Uneven Push-ups Progression

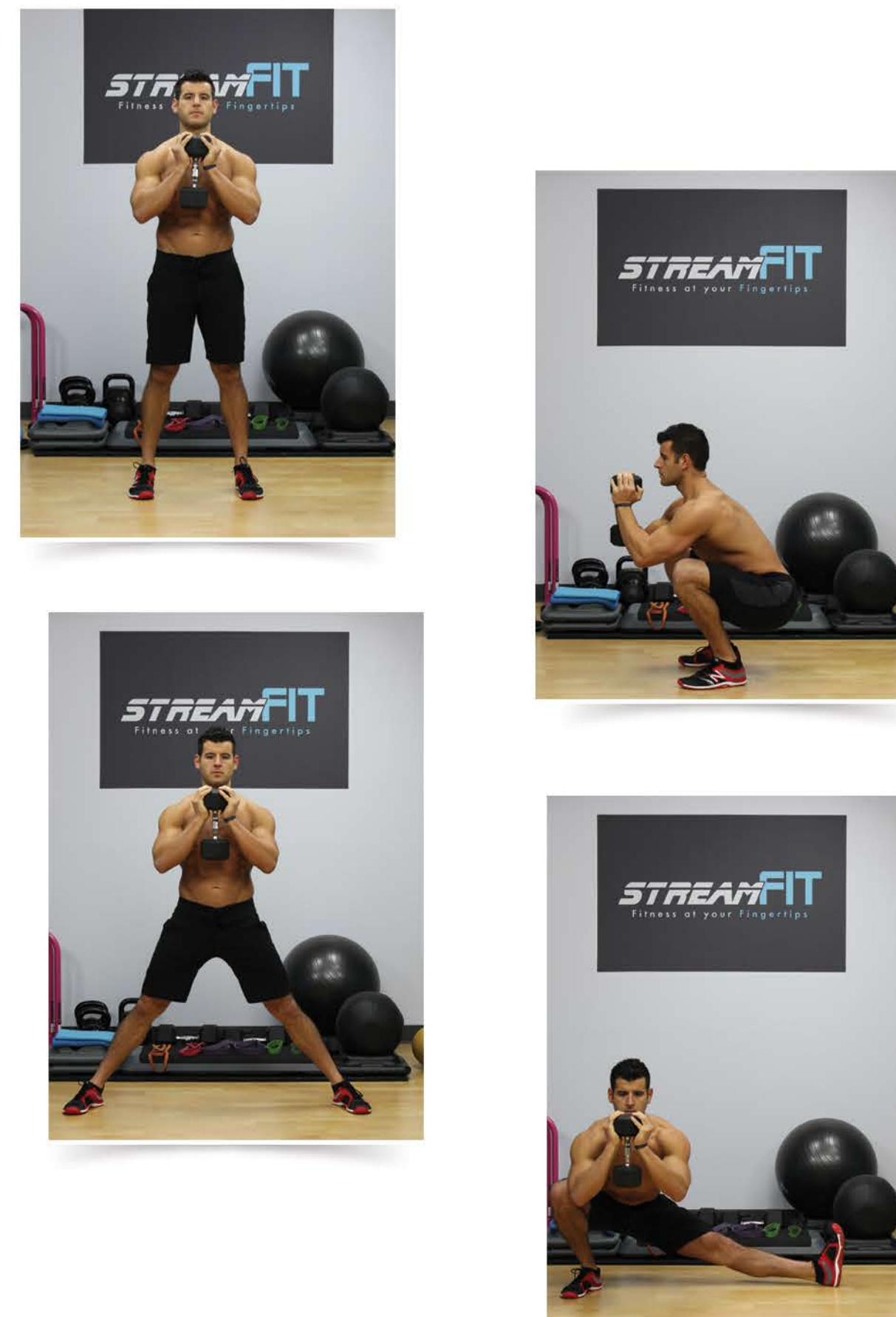


**How to Do It:** Assume a push-up position with your left hand holding a dumbbell and your right hand on the floor. Your hands should be directly underneath your shoulders. Preferentially load your right hand (hand on floor) and lower your chest to the floor with your body as one unit. Hold for a count and then return to the starting position and repeat. Switch sides at the halfway mark.

**Make it Easier:** Perform on your knees or hold the top of the push-up position.

**Make it Harder:** Progress to an Archer Push-up by fully extending the assisting arm.

### 3. DB Close Stance Goblet Squats Progression



**How to Do It:** Cup the top of a vertically-positioned dumbbell with both hands at chest level. Place your feet hip-width apart or closer with your toes forward or pointed out slightly. Now push your hips back and knees out and squat down as low as you can without rounding your back. Hold for a count and then return to the starting position and repeat.

**Make it Easier:** Decrease the load or shorten the range of motion.

**Make it Harder:** Increase the load or the range of motion, or progress to a Wide Stance Goblet Lateral Squat.

### 4. DB Single-Arm Bent-Over Rows Progression

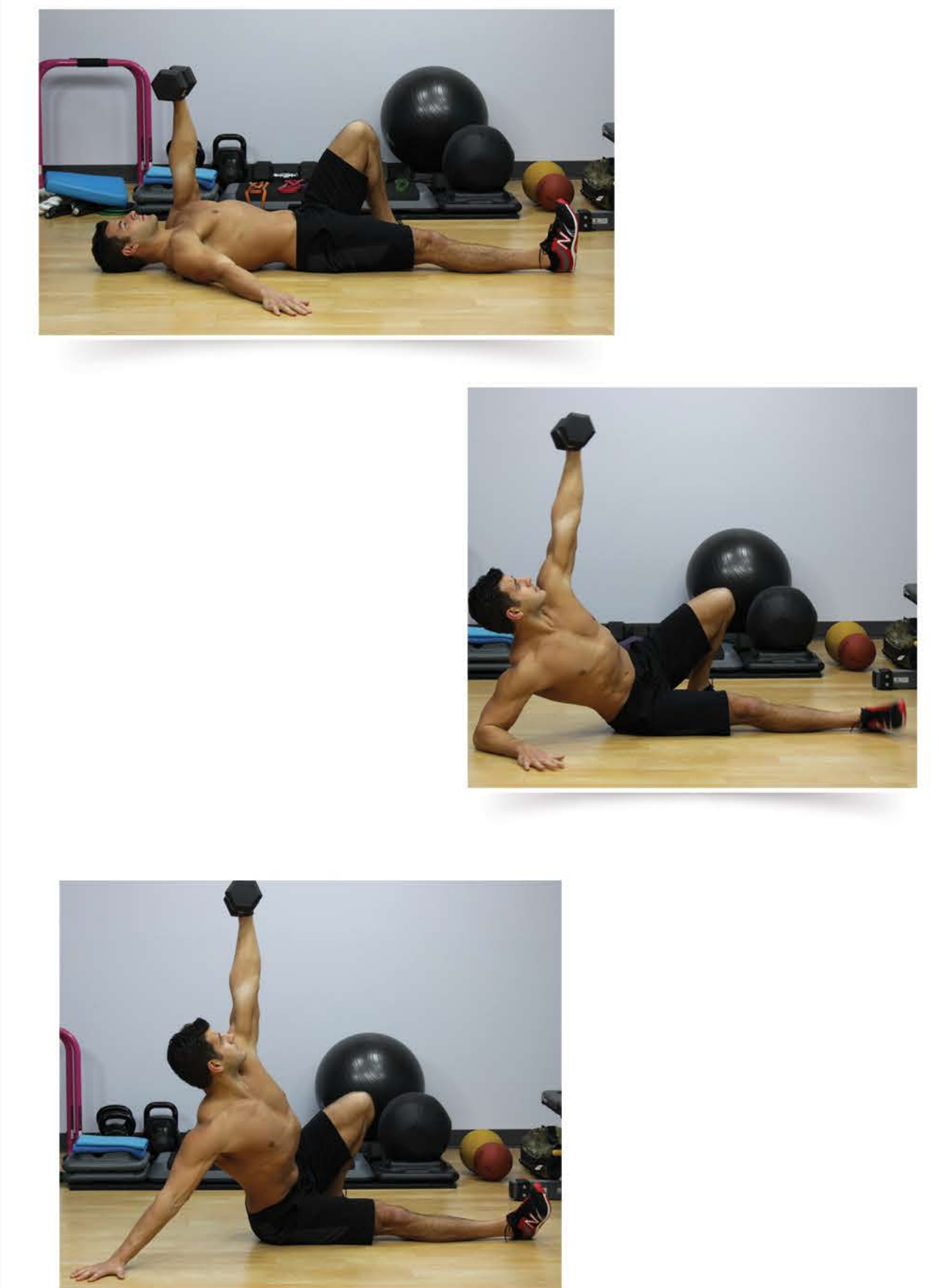


**How to Do It:** Assume a split stance position with your right leg forward, left hand holding a dumbbell, and hips hinged back so your trunk forms a 45 to 60-degree angle with the floor. Pull your shoulders down and back and drive your left elbow tight to your ribcage until the weight reaches armpit level. Hold for a count and then return to the starting position and repeat. Switch sides at the halfway mark.

**Make it Easier:** Decrease the load.

**Make it Harder:** Move from a split to parallel stance for a greater challenge to your lower back.

### 5. DB Bottom Half Get-ups Progression



**How to Do It:** Lie on your back holding a dumbbell overhead with your left hand. Your left leg should be bent at 90-degrees and your right leg should be fully extended. Your right arm should be flat against the floor at a 45-degree angle from your torso. Now push through your left heel and get-up onto your right forearm, moving diagonally to your right. Hold for a count and then return to the starting position and repeat. Switch sides at the halfway mark.

**Make it Easier:** Decrease the load.

**Make it Harder:** Increase the load or get-up on to your hand instead of your forearm.