

DUMBBELL DYNAMITE

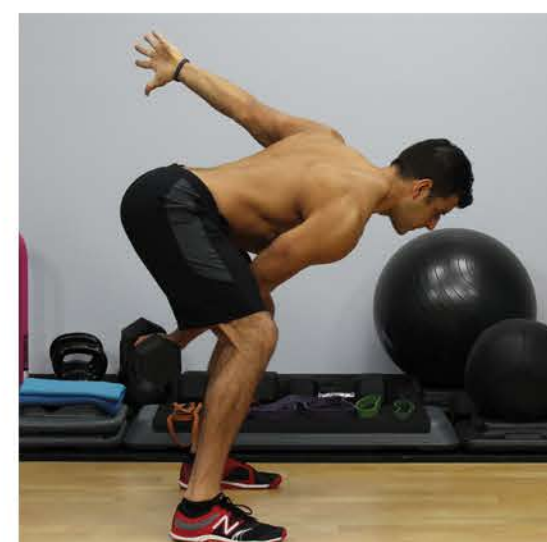
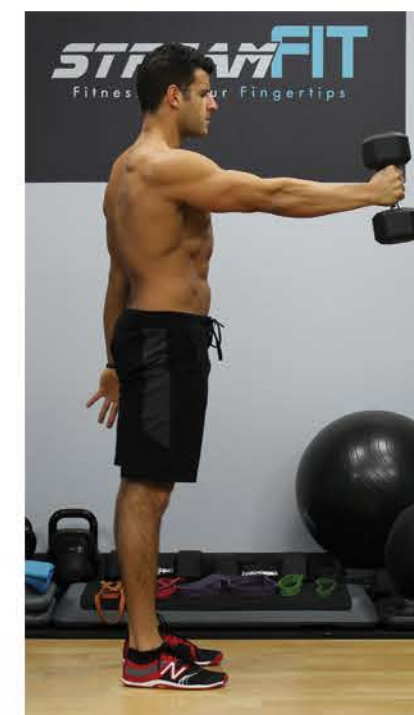
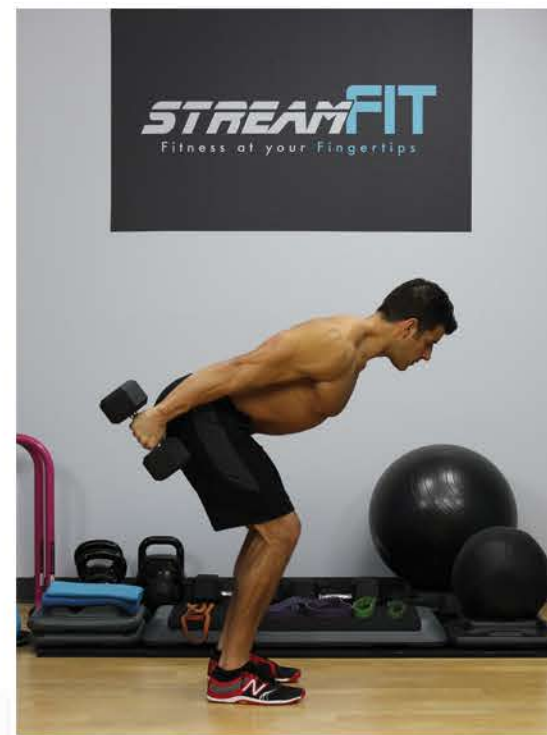
SINGLE DUMBBELL WORKOUT B

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CEO of StreamFIT.com
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 Swings Progression

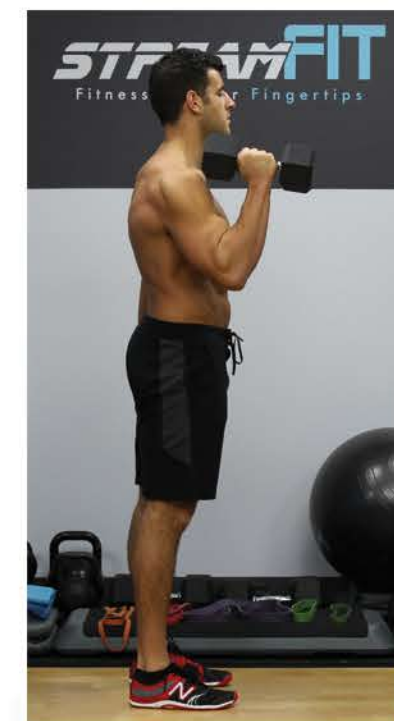
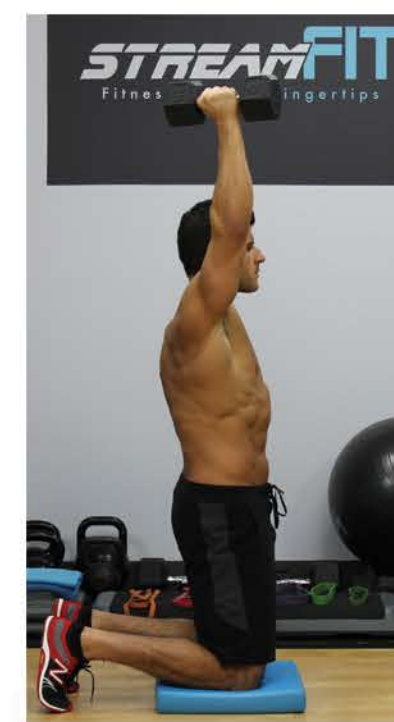


How to Do It: Hold a dumbbell in your right hand with your feet as close together as needed so the weight doesn't touch your thighs. Now hinge back at your hips like a downhill skier with your back flat. Then drivethrough your heels and hips to swing the weight to chest level. Immediately reverse the movement and repeat. Switch sides at the halfway mark.

Make it Easier: Decrease the load.

Make it Harder: Increase the load or perform a sumo swing with a wide stance and the weight moving between your legs.

2. DB Single-Arm Overhead Presses Progression



How to Do It: Assume a kneeling position on a padded surface with your right hand holding a dumbbell at shoulder level. Keep your shoulders down and back and elbow packed tight to your rib cage and press the weight overhead with your bicep aligned with your ear. 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 progress to a full stand to involve your lower body.

3. DB Single-Arm Alternating Lunges Progression

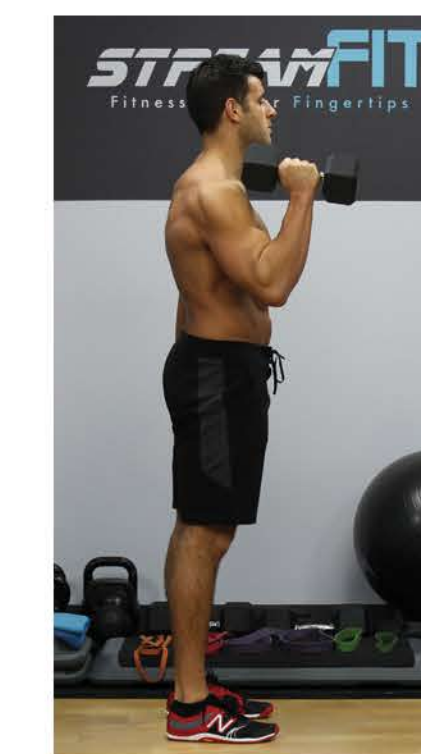


How to Do It: Hold a dumbbell in your right hand and step your right leg back and lower your hips as far as you can until ideally your back knee hovers just above the floor. Hold for a count, reverse the movement and repeat with your other leg. Be sure to load the front heel and stay tall up top throughout the move. Switch hands at the halfway mark.

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 Single-Arm Alternating Forward Lunge.

4. DB Single-Arm Biceps Curls Progression

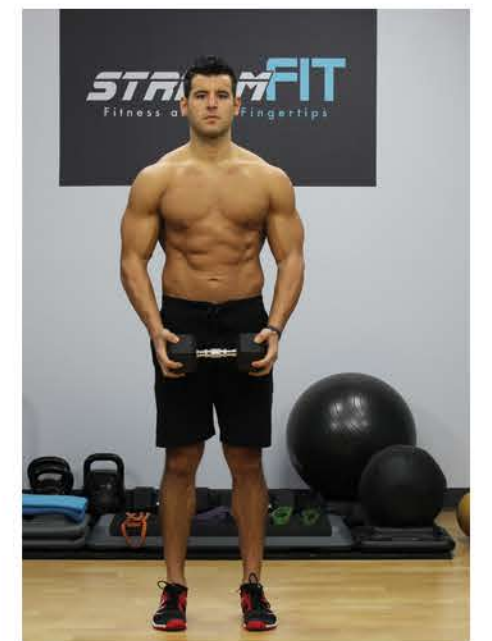
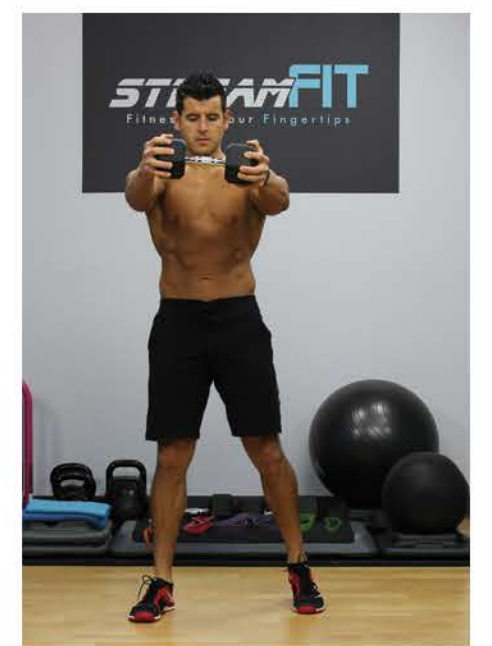
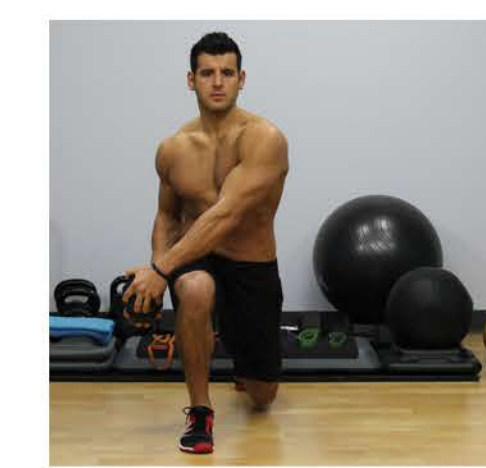
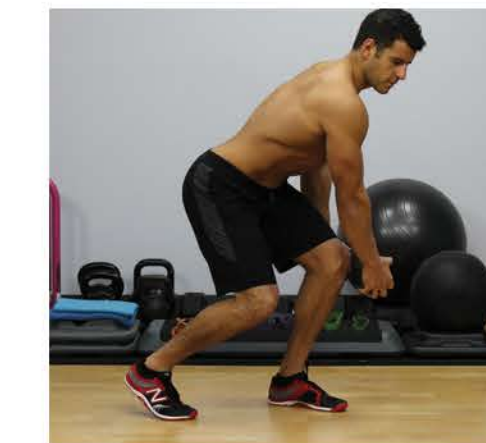


How to Do It: Assume a kneeling position on a padded surface with your right hand holding a dumbbell at your side. Keep your shoulders down and back and elbow packed tight to your rib cage and flex your elbow until the weight reaches shoulder level. Hold for a count and then return to the starting position and repeat. Switch sides at the halfway mark.

Make it Easier: Decrease the load.

Make it Harder: Increase the load or progress to a full stand to involve your lower body.

5. DB Shoveling Progression



How to Do It: Hold the ends of a dumbbell with both hands. Pivot your feet and rotate your hips to the left so the weight rests just outside your left knee. Now lift the weight to chest level until it's weightless and then immediately pivot your feet and rotate your hips to the right. Repeat for time.

Make it Easier: Decrease the load.

Make it Harder: Increase the load, range of motion or speed of movement. Progress to Rotational Lunges to work your legs more.