DUMBBELL DYNAMITE
SINGLE DUMBBELL WORKOUT

1. **DB Single-Arm Step-ups Progression**
   - **How to Do It:** Hold a dumbbell in your right hand with your right foot placed on a stable bench, box, step or chair (optional loading). Stand up through your right heel, hold for a count, and then slowly reverse the movement and repeat. Switch sides at the halfway mark.
   - **Make It Easier:** Decrease the load or the range of motion.
   - **Make It Harder:** Increase the load or the range of motion or progress to holding the dumbbell in the opposite hand of the support leg (contralateral loading).

2. **DB Overhead Triceps Extensions Progression**
   - **How to Do It:** Assume a kneeling position on a padded surface holding a vertically positioned dumbbell overhead with your hands cupped underneath the top of it. Keep your glutes and abs tight and bend at your elbows until the bottom of the bell touches your shoulders. Hold for a count and then return to the starting position and repeat.
   - **Make It Easier:** Decrease the load.
   - **Make It Harder:** Increase the load or the range of motion.

3. **DB Single-Arm Hinging Lunges Progression**
   - **How to Do It:** Hold a dumbbell in your left hand and take a small step forward with your right leg. Both bend at your knees and hips as you reach the weight towards the inside of your right foot with a flat back. Pause for a count, reverse the movement, and repeat. Switch sides 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 Hinging Lateral Lunge.

4. **DB Single-Arm High Pull Progression**
   - **How to Do It:** Hold a dumbbell in your left hand with your arm straight so it hangs between your knees. Start with bend in your ankles, knees, and hips and then fully extend your body and pull the weight straight up until it becomes weightless at 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 progress to a Single Arm Power High Pull starting with the weight resting on the floor.

5. **DB Single-Arm Windmill Progression**
   - **How to Do It:** Hold a dumbbell in your left hand. Fully extend your right leg with your toes pointing straight ahead. Bend your left knee and point your toes 45 degrees to the left. Push your hips back to the right, loading your right heel and slide the weight down the inside of your left leg without moving at your lower back. Hold for a count, reverse the movement and repeat. Switch sides at the halfway mark.
   - **Make It Easier:** Decrease the load or range of motion.
   - **Make It Harder:** Increase the load or range of motion, or progress to Single Arm High Windmill holding the weight overhead.