

DUMBBELL DYNAMITE

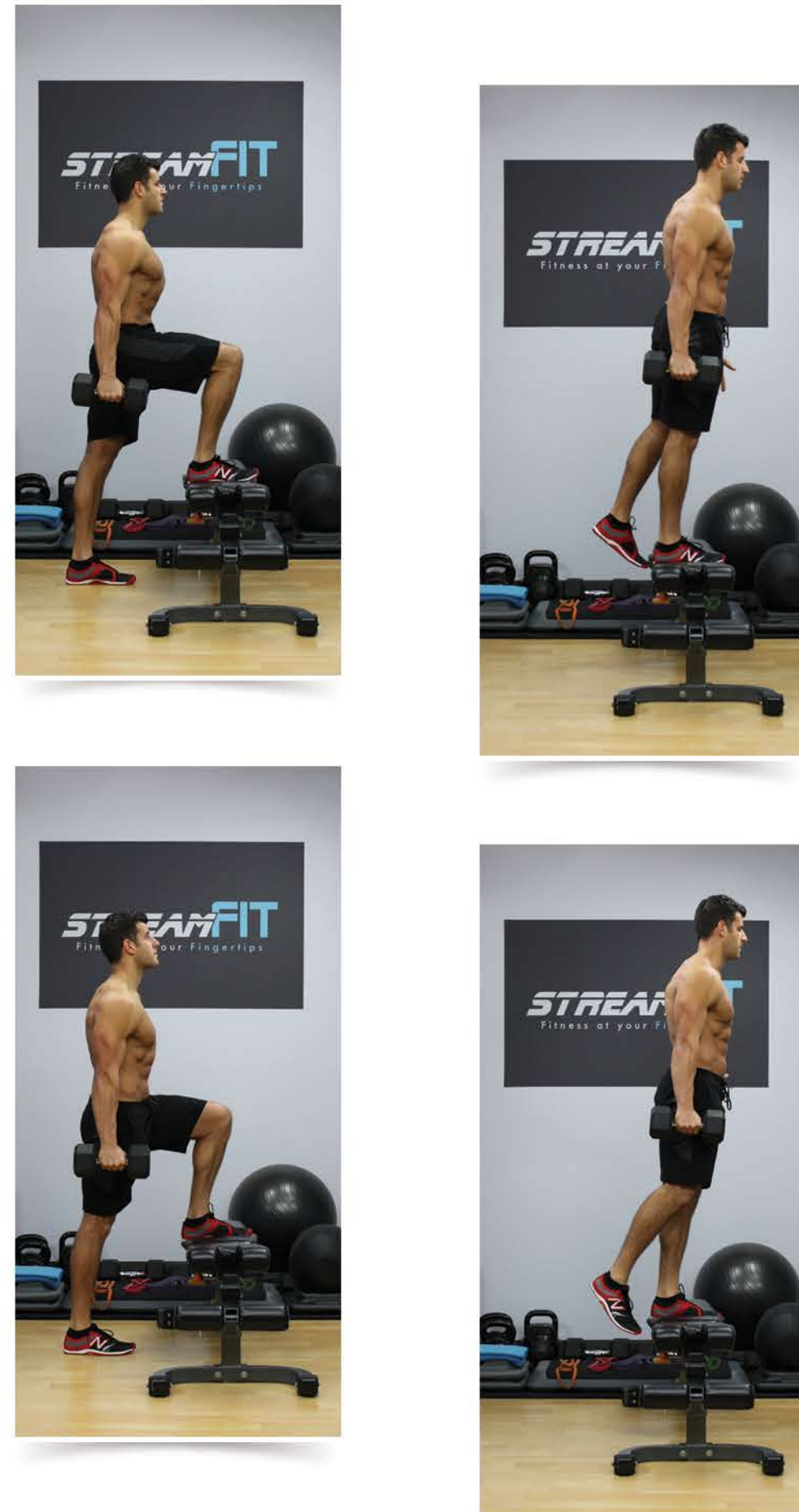
SINGLE DUMBBELL WORKOUT C

BJ Gaddour, CSCS
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 Step-ups Progression

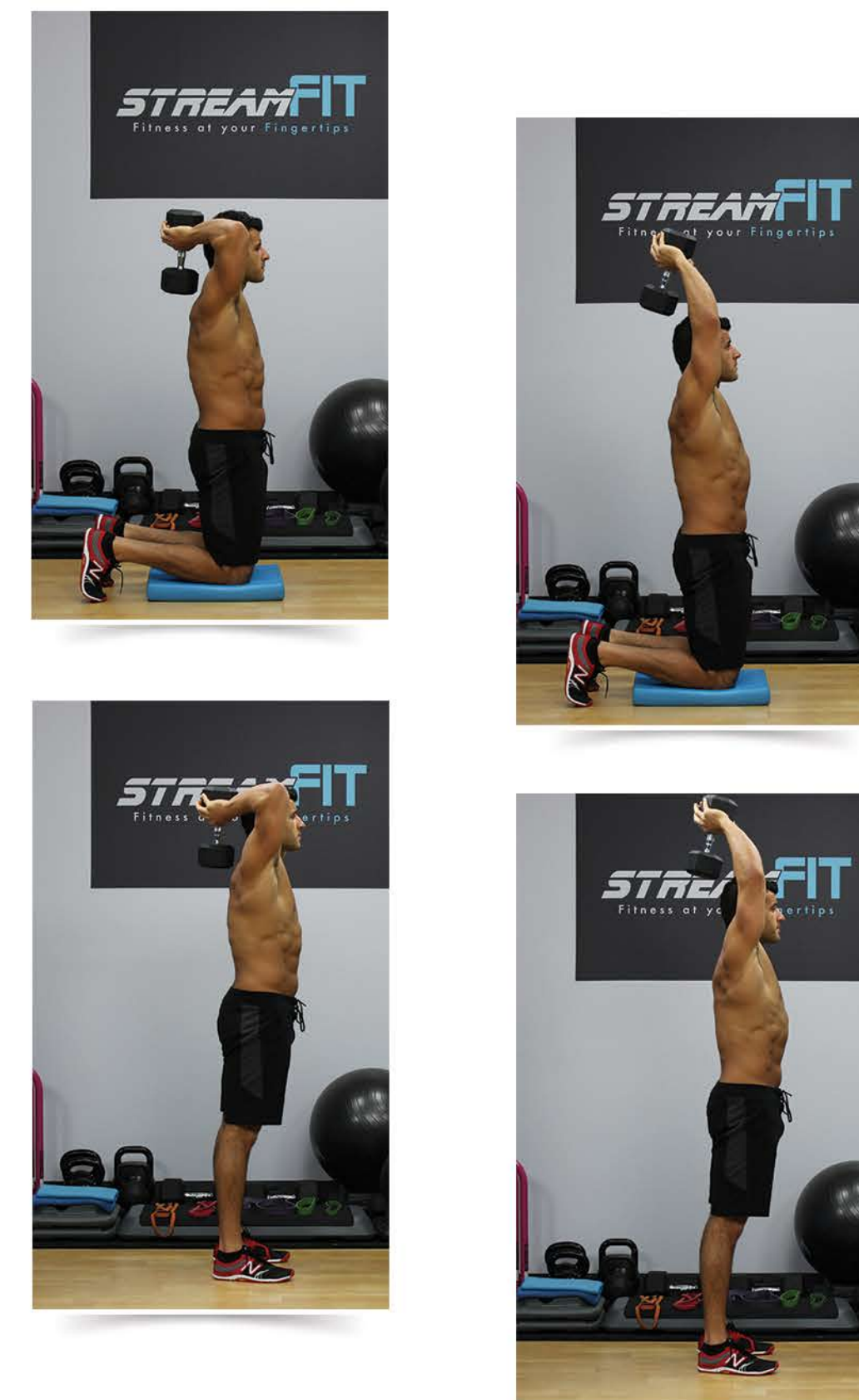


How to Do It: Hold a dumbbell in your right hand with your right foot placed on a stable bench, box, step or chair (ipsilateral loading). Stand up through your right heel, hold for a count, and then slowly reverse the movement and repeat. Switch sides at the halfway mark.

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

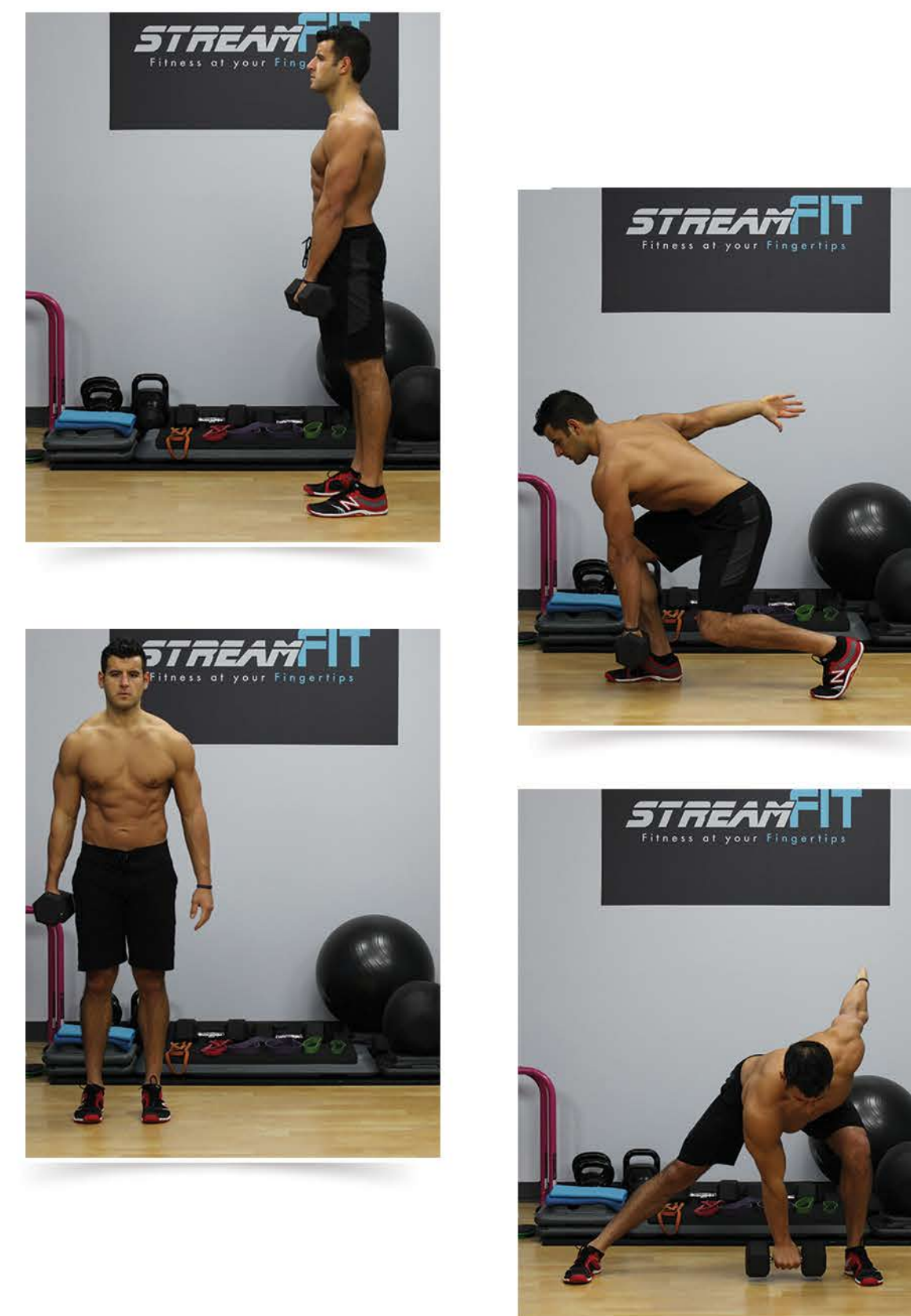


How to Do It: Assume a kneeling position on a padded surface holding a vertically positioned dumbbell overhead with your hands cupped underneath the top of it. Keep your glutes and abs tight and bend at your elbows until the bottom of the bell touches your shoulders. Hold for a count and then return to the starting position and repeat.

Make it Easier: Decrease the load.

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

3. DB Single-Arm Hinging Lunges Progression

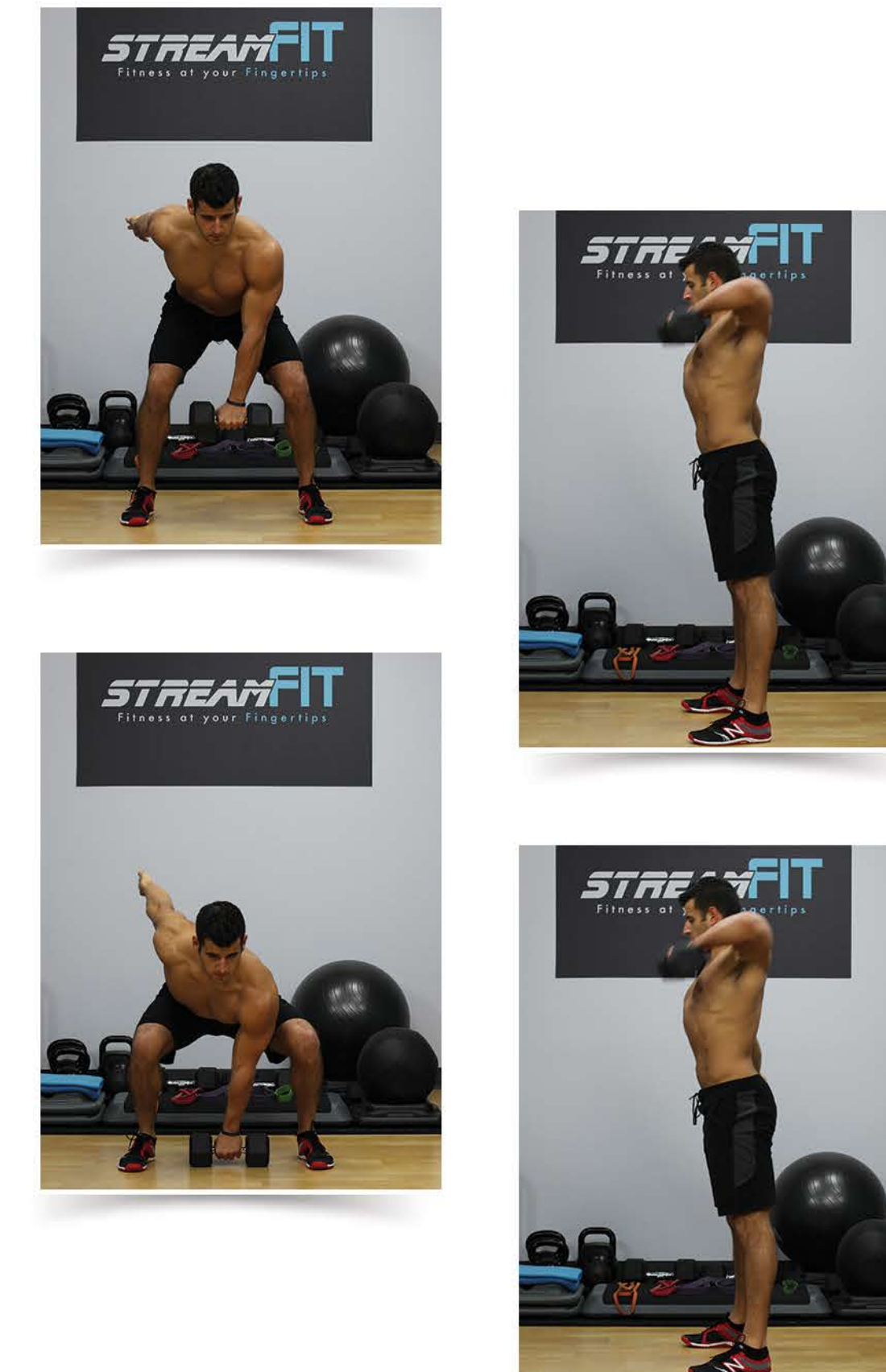


How to Do It: Hold a dumbbell in your left hand and take a small step forward with your right leg. Both bend at your knees and hips as you reach the weight towards the instep of your right foot with a flat back. Pause for a count, reverse the movement, and repeat. Switch sides at the halfway mark.

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

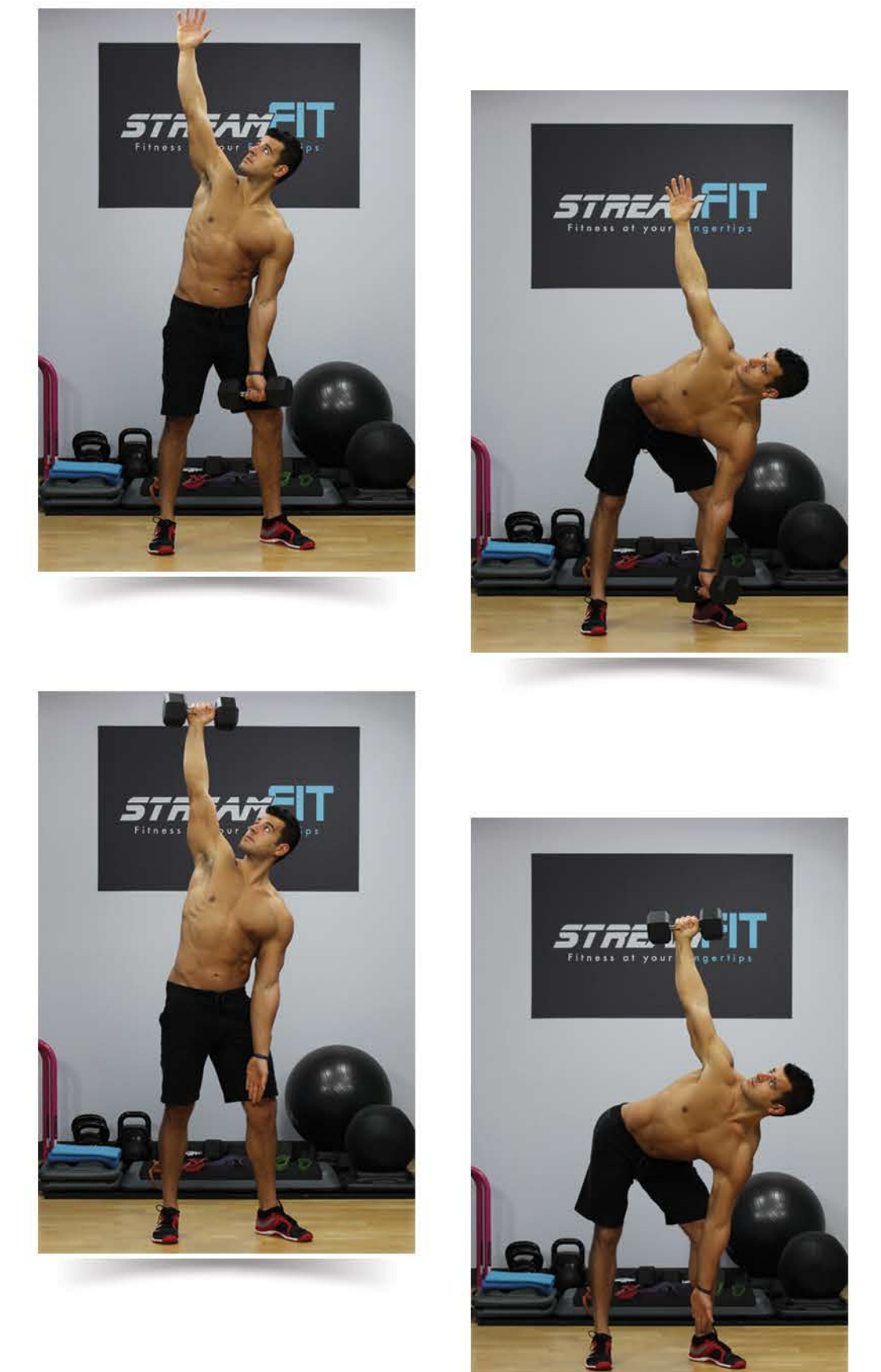


How to Do It: Hold a dumbbell in your left hand with your arm straight so it hangs between your knees. Start with bends in your ankles, knees, and hips and then fully extend your body and pull the weight straight up until it becomes weightless at chest level. Immediately reverse the movement and repeat. 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.