



Gamespeed: TRY THIS WORKOUT

Total Body Dumbbell

2 Days per Week

Perform

2-3 sets of 15 reps of each exercise.

Weights used should be between :



Aaron Thigpen



1 - Stand upright holding the dumbbells out in front with your elbows bent at 90 degrees.
2 - Raise your arms up and outward to the sides to shoulder height, keeping your elbows bent throughout.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Stand upright holding dumbbells at your sides with your arms straight.
2 - Step forward and laterally to one side, lowering your body down towards the floor and leaning your torso slightly forward.
3 - Push off the front leg to return to start position.
Equipment Sub: Barbell, Plates

Sets	Reps	Weight	Notes
1			
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4			
5			
6			



1 - Bend forward at your waist and split your feet slightly with your knees bent and your back flat holding a dumbbell with your arm straight and palm facing in.
2, 3 - Lift the dumbbell up to the side of your chest and rotate your upper body up to this side.
• Lower the dumbbell and repeat.

Sets	Reps	Weight	Notes
1			
2			
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5			
6			



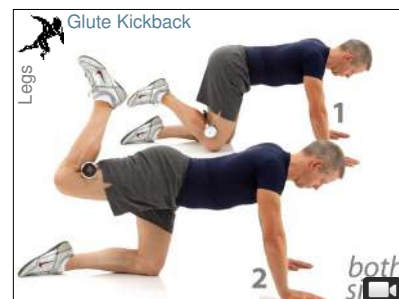
1 - Squat holding a dumbbell in each hand at your shins with your arms straight.
2 - Thrust your hips forward and pull the dumbbells straight up, catch them at shoulder height, dipping at the hips and knees slightly.
3 - Quickly push the dumbbells overhead, extending your arms and legs fully.

Sets	Reps	Weight	Notes
1			
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1 - Stand upright holding dumbbells with your arms by your sides.
2 - Step back and across behind your other leg, lowering your body down and leaning your torso slightly forward.
3 - Push down on your front foot to return to the start position.
Equipment Sub: Kettlebells,

Sets	Reps	Weight	Notes
1			
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1 - Begin on all fours with knees and hands on the floor and a dumbbell in the back of one knee.
2 - Kick this leg back and up with a 90 degree angle at the knee, pushing your foot towards the ceiling, keeping the dumbbell in the back of your knee.
• Lower the leg back down to the start position and repeat.

Sets	Reps	Weight	Notes
1			
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1 - Stand upright facing to one side holding a dumbbell in both hands up over one shoulder with your arms straight.
2 - Lower the dumbbell down and across your body from your shoulder to your opposite hip.
• Concentrate on moving your hips and shoulders, not your arms.

Sets	Reps	Weight	Notes
1			
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1 - Hold dumbbells at knee height in a slight squat with your arms straight.
2 - Extend your hips and rapidly pull the dumbbells up to just below your chin, keeping your elbows above your hands.
3 - Keep the dumbbells close to your body.
Equipment Sub: Barbell, Kettlebells

Sets	Reps	Weight	Notes
1			
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4			
5			
6			



1 - Stand upright holding dumbbells by your sides with your arms straight.
2 - Take a step forward, dropping your back knee toward the floor and twisting your torso and extending the dumbbells out to this side with your weight on your front leg.
3 - Push off your front foot to return to the start position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



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Aaron Thigpen



- Abs**
- 1 - Start in a sit up position with your feet up off the floor, knees bent, holding a dumbbell at chest level in both hands with your arms extended out in front.
- 2 - Twist your torso to one side, lowering the dumbbell towards the floor.
- 3 - Twist your torso back to the other side, keep your feet up and arms straight

Sets	Reps	Weight	Notes
1			
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3			
4			
5			
6			



- 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.
- Equipment Sub: Plate

Sets	Reps	Weight	Notes
1			
2			
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6			



- Abs**
- Support your body off the floor, resting on the side of your bottom foot and your forearm, holding a dumbbell in your top hand by your side.
- 1 - Lower the dumbbell down, under and your across chest, reaching to your opposite side, twisting your torso.
- 2 - Twist your torso back to the front and raise the dumbbell up straight towards

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1			
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- Abs**
- 1 - Lie on your back with your arms and legs straight up in the air holding a dumbbell in your hands.
- 2 - Reach the dumbbell towards your toes, lifting your head and shoulders off the floor.
- Use your abdominal muscles to pull you up and do not throw yourself up.
- Lower back to the floor and

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- Combo**
- 1 - Stand upright with your arms straight out to the sides holding dumbbells at shoulder height.
- 2 - Squat, bending at the hips and knees and bring the dumbbells in front with your arms straight at shoulder height.
- Return back up to the start position.

Sets	Reps	Weight	Notes
1			
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