

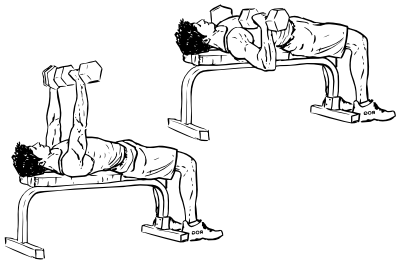
Upper Body Dumbbell Routine

31 min · Arms, Back, Chest, Shoulders



This is an upper body strength routine to be done twice a week at any point in your week. Upper body workouts typically do not interfere with quality workouts such as a speed session. First 2 to 3 weeks stop well before failure/ use no added weight to learn movement.

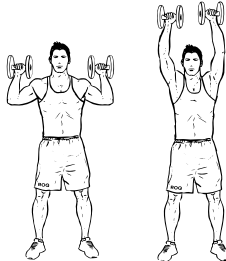
Dumbbell Flat Bench Press



2-3 sets 10-15 reps 2 min rest

Add weight to reach failure in the 10 - 15 rep range. Increase weight & decrease reps when 15 reps is reached

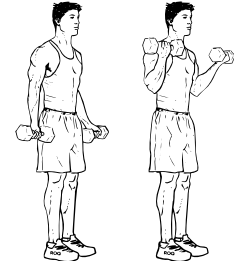
Standing Dumbbell Overhead Shoulder Press



2-3 sets 10-15 reps 2 min rest

Add weight to reach failure in the 10 - 15 rep range. Increase weight & decrease reps when 15 reps is reached

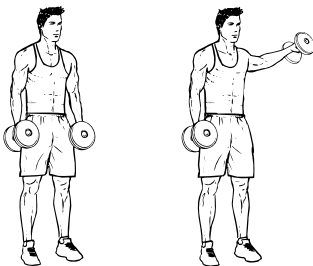
Standing Dumbbell Bicep Curls



2-3 sets 10-15 reps 2 min rest

Add weight to reach failure in the 10 - 15 rep range. Increase weight & decrease reps when 15 reps is reached

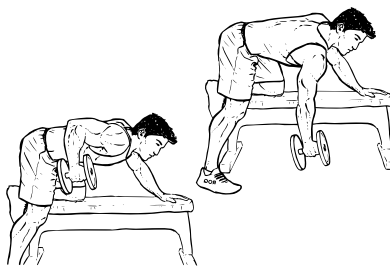
Single Arm Lateral Raises



2-3 sets 10-15 reps 2 min rest

Add weight to reach failure in the 10 - 15 rep range. Increase weight & decrease reps when 15 reps is reached

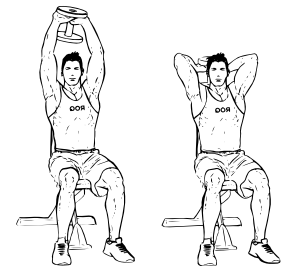
Single Arm Dumbbell Bench Rows



2-3 sets 10-15 reps 2 min rest

Add weight to reach failure in the 10 - 15 rep range. Increase weight & decrease reps when 15 reps is reached

Seated Tricep Press



2-3 sets 10-15 reps 2 min rest

Add weight to reach failure in the 10 - 15 rep range. Increase weight & decrease reps when 15 reps is reached



Fit

Powered by WorkoutLabs Fit

Routine designed by www.runyourpersonalbest.com

Dumbbell Flat Bench Press

Primary muscle group(s):

Chest

Secondary:

Abs, Shoulders, Triceps

Lie on a flat bench holding a dumbbell in each hand with an overhand grip.

Start by holding the dumbbells slightly wider than shoulder width apart above your shoulders. Your palms should be facing forward.

Slowly bend your elbows until they are at a 90 degree angle and your upper arms are parallel to the ground.


Push the weights up by straightening your arms.

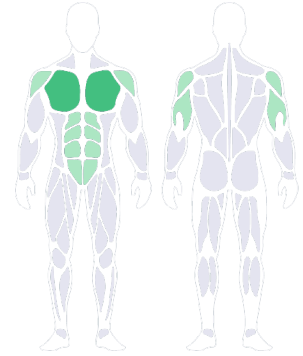
As you push the weights up, move your arms in an arc to bring the dumbbells together, until they meet over the center of your chest. Hold for a count of one.

Lower the dumbbells by slowly bending your elbows back to 90 degrees.

Continue lowering your arms until they are a little lower than parallel to the floor. (Your elbows should be pointing slightly towards the floor and you should feel a stretch in your chest muscles and shoulders.)

Repeat

 Be sure to concentrate on a balanced movement when lifting the dumbbells. Use both arms equally spaced and moving at the same speed.



Standing Dumbbell Overhead Shoulder Press

Primary muscle group(s):

Shoulders

Secondary:

Abs, Neck & Upper Traps, Triceps

Holding a dumbbell in each hand, stand straight, with your feet shoulder width apart.

Raise the dumbbells to head height by rotating your arms forward and up.

Your triceps should be parallel to the floor and your elbows bent at 90 degrees. This is the start position.

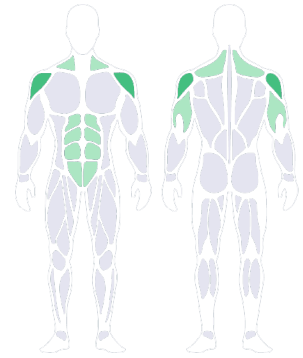
Keeping your back straight and using only your arms, extend through your shoulders and elbows to drive the dumbbells straight up, exhaling as you do so.

As your arms reach the fully extended position, bring them in towards each other until the dumbbells touch lightly together.

Hold for a count of one, while squeezing your shoulder muscles.

In a controlled movement, return to the starting position, inhaling as you do so.

Repeat.



Standing Dumbbell Bicep Curls

Primary muscle group(s):

Biceps

Secondary:

Abs, Forearms

Holding a dumbbell in each hand, stand with your feet shoulder width apart.

Let your arms hang by your side with your palms facing in to the side of your body.

Keep your elbows close to your sides.

Curl the dumbbells up towards your shoulders, rotating your forearms. Do not swing your hips to get the weight moving.

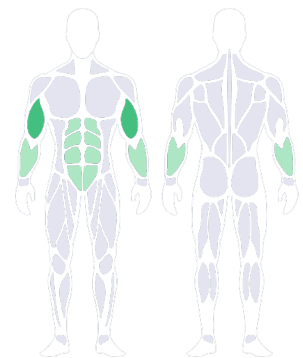
Continue raising the dumbbells until they are level with your shoulders with your palms facing in. Your forearm should be in a vertical position.

Squeeze or flex your bicep and hold for a count of one.

Slowly lower the dumbbells to the starting position.

Repeat.

 You can also perform this exercise by alternating between left and right arms or one arm at a time.



Single Arm Lateral Raises / Side Flyes

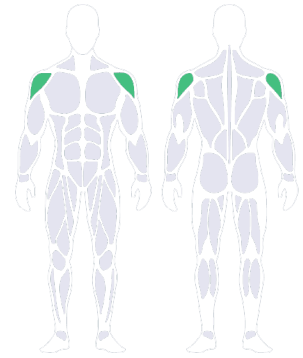
Primary muscle group(s):

Shoulders

Hold one dumbbell at each side of your body. Keep your back straight and your knees ever-so-slightly bent.

Raise one dumbbell out to the side, keeping your arm slightly bent. Once the dumbbell reaches the same level as your ear slowly lower it back down to the starting position.

Repeat the same movement on the opposite side.



Single / One Arm Dumbbell Bench Rows

Primary muscle group(s):

Lower Back, Upper Back & Lower Traps

Secondary:

Abs, Biceps, Shoulders

Place a dumbbell on each side of a flat bench.

Place your right knee on the end of the bench.

Bend your torso from the waist until your upper body is parallel to the floor, while placing your right hand on the bench in front of you for support.

With your left hand, pick up the dumbbell with an overhand grip. The palm of your hand should be facing into you.

Keep your lower back straight. This is the start position.

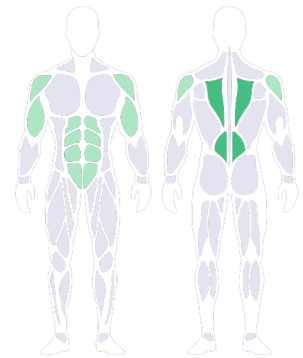
Using your back muscles, pull the dumbbell straight up to the side of your chest, keeping your upper arm close to your side. Exhale as you do so.

At the top of the movement, hold for a count of one and squeeze your back muscles.

Return to the start position inhaling as you do so. Repeat.

Complete all repetitions for one side before switching sides.

i This exercise can be performed using a cable station, with a stirrup handle attached to either the high or low pulley.



Seated Tricep Press / Overhead Extensions

Primary muscle group(s):

Triceps

Secondary:

Abs

Sit on a bench with back support.

Grip a dumbbell at one end using both hands. Your palms should be facing inward.

Hold the dumbbell overhead with your arms fully extended. This is the the start position.

Keep your upper arms close to your head (biceps roughly level with your temples) and near to 90degrees to the floor.

Moving only your forearms, lower the dumbbell in a smooth arc behind your head until your forearms and biceps touch. Hold for a count of one.

Return to the start position by using the triceps to extend your arm and raise the dumbbell. Exhale as you do this.

Repeat.

⚠ This exercise can be performed standing. However, it places an extra strain on your back so is not recommended for people with lower back problems. You can also perform this exercise using an EZ bar or straight bar with a close grip behind your head, palms facing forward.

