

Dumbbells=Smart!

Working out with dumbbells allows you to train one side of your body at a time, which can help to cure any strength imbalances you've developed. And because each limb moves independently, your core has to brace harder to prevent you from tipping to one side. Try these dumbbell exercises:

Floor Press



1. Lie on the floor with a dumbbell in each hand, palms facing and triceps on the floor
 2. Press the dumbbells up, then lower until only triceps touch the floor
 3. Pause, then begin the next rep
- This exercise is beneficial to the chest.

Bent over Dumbbell Row



1. Hold a dumbbell in each hand & bend hips back until torso is parallel to the floor
2. Keep the lower back in its natural arch. Row the weights to your sides with palms down, squeezing shoulder blades at the top.

Renegade Row



Hold a dumbbell in each hand and get into pushup position, balancing on the handles. Shift your body weight to your right side so your left arm feels light. Row the left-hand dumbbell to your hip. Repeat on the opposite side. Keep your body in a straight line and your abs braced throughout. This exercise will benefit the core muscles.

One-arm Overhead Press



Stand holding a weight at shoulder level and brace your abs. Keeping your torso straight and upright, press the weight straight overhead. Complete your reps on one side, then repeat on the other side.

Work at your own pace & increase reps as you go!