

Dumbbell Exercises

A note of safety regarding general exercises:

When using free weights you should always be aware of your body position. The athletic position helps disperse forces placed on the various joints throughout the body and promotes sound technique. During the lifting phase of each repetition move the weight with control. Use a three second count when lowering weight. Consistent form and timing of each repetition is critical to promoting adaptation within the muscle and body.

Dumbbell Rows to the Hip or Shoulder

1. Set up with one hand on a bench for support, feet spread approximately shoulder width, knees bent slightly, back straight and eyes forward (left pictures).
2. Begin with the working arm straight, shoulder relaxed and hanging.
3. Row the weight either to the armpit or to the hip, thumb pointing up or in depending on the variety of row. The first sequence is a hip row, the second sequence a shoulder row. Concentrate on moving through a full range of motion, actively “pinch” and “extend” the shoulder blade at each end of the movement (3rd sequence).



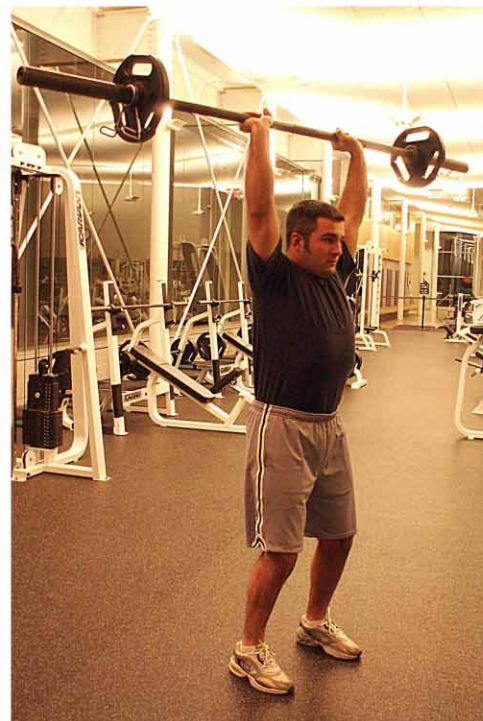
Rotational Press

1. Begin in the athletic position with two dumbbells at shoulder level, palms facing forward (left).
2. Perform a single arm shoulder press and rotate your entire body along with the arm. The finished position should end with your palm facing towards you (follow remaining sequence).



Shoulder Press

1. Begin in the athletic position with either dumbbells or a barbell at shoulder height.
2. Lift the weight straight up. The finish position is the same as a snatch.
3. Protect your back at all times! Maintain the athletic position throughout the movement. **DO NOT STRAIGHTEN YOUR LEGS OR LOCK YOUR BACK.**



DB Raises/T Drill

1. Begin in the athletic position with two dumbbells at your sides.
2. Raise the weight forward, laterally, or at another angle until the weight is level with your shoulders. The "T" Drill sequence is pictured below.



Barbell/DB Curls

1. Begin in the athletic position with two dumbbells at your sides.
2. Flex the elbow and bring the weight towards your shoulders.



Do not allow your elbows to move forward or backward during the movement. Avoid “throwing” the weight up with your legs; this is a bad exercise technique!



Upright Row

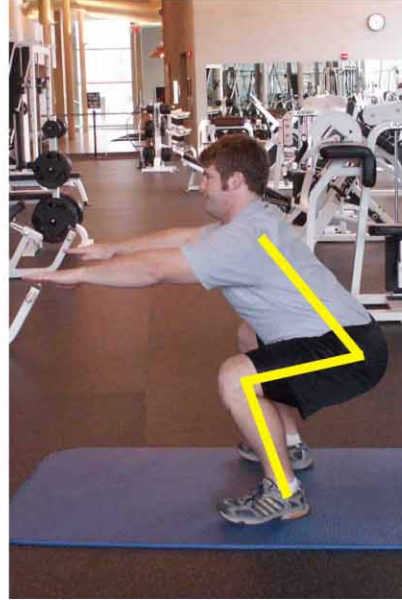
1. Begin in the athletic position with two dumbbells or a barbell at waist height.
2. Lift the weight to chin height, bend and raise the elbows as high as possible. Maintain the athletic position.



Bodyweight Exercises

Bodyweight Squat

Follow the mechanics described for back squats. Holding the hands in front helps promote sound mechanics.



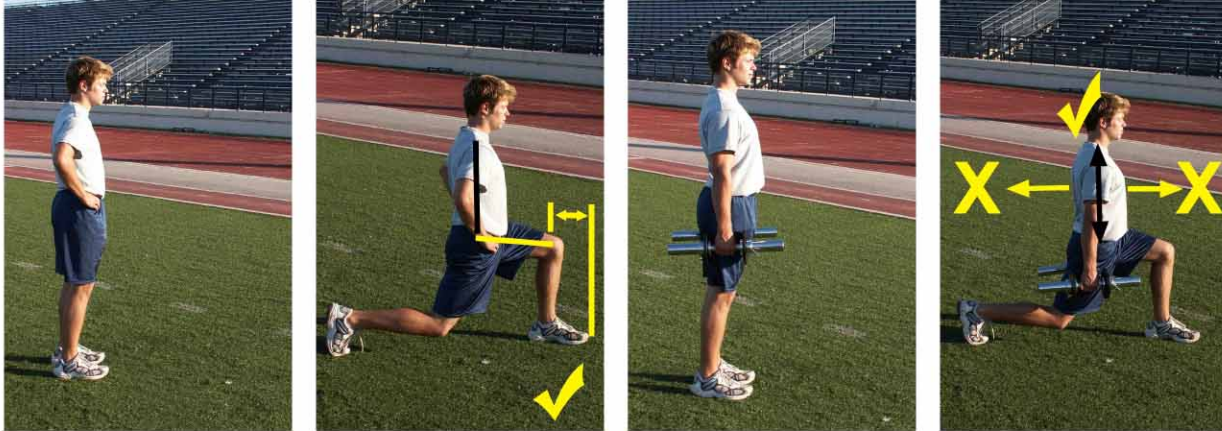
Lateral Squat

1. Begin with your feet twice shoulder-width, toes pointing straight forward, hands held in front of the chest. A slight angling inward of the toes is acceptable (left).
2. Initiate the movement by flexing at the hip. Squat to one side and maintain an upright trunk position with your weight over your heels.
3. Squat low enough so that your thigh is parallel with the floor. The hands should remain raised in front of the chest.



Lunge

Take a step forward. The step should be far enough to maintain a good relationship between the knee and foot. The thigh should be parallel to the ground when at the end of the step. Do not use the hands to push off your front leg. This exercise may be performed with dumbbells in the hands, or a barbell across the shoulders. When performing a barbell lunge pay close attention to maintaining neutral spinal alignment; avoid trunk flexion or rotation.



Lateral Lunge

Follow the same instructions as described for a regular lunge. However, step out at 45 degrees while keeping the hips and shoulders facing the same direction as the start position. The front leg will internally rotate to help facilitate the movement.



Step Ups

For each of these three exercises, choose a box or bench height that allows for your thigh to be parallel with the floor when placed on top. Maintain the athletic position both at the bottom and top of the movement, and a good relationship between the knee and foot throughout the movement. Focus on extension through the hip, not the knee. Follow the pictures for the different varieties of this exercise.



Rotational Step Ups

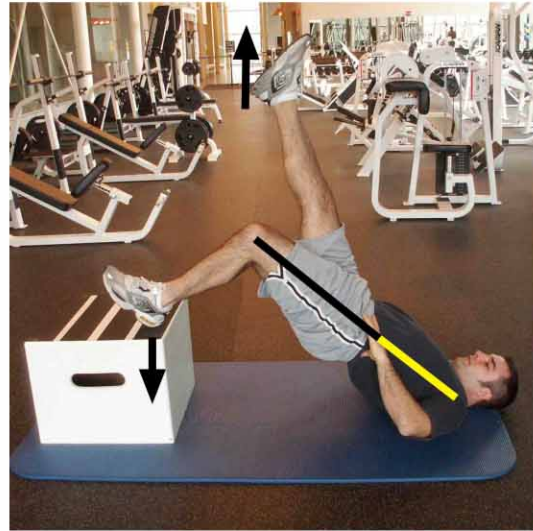
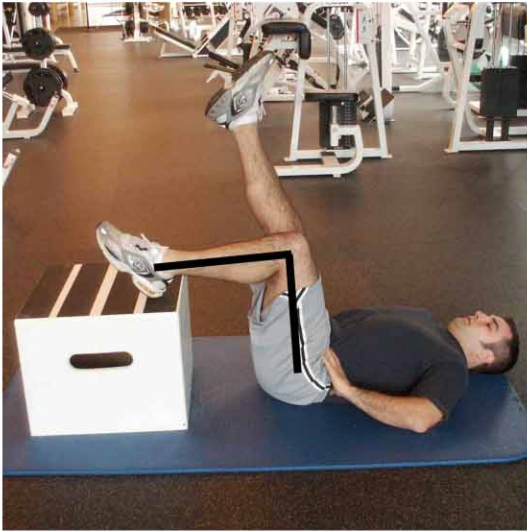


Crossover Step Ups



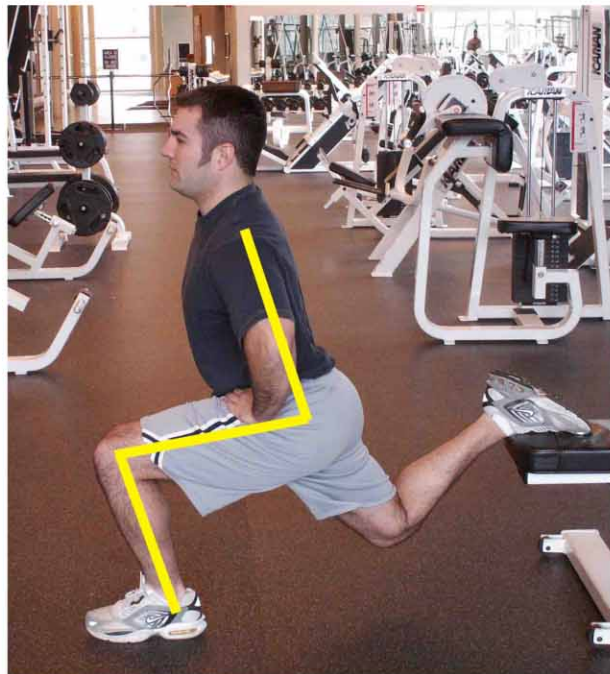
Lying Hip Extensions

1. Begin lying on the floor with one foot resting on a bench with the knee bent at 90 degrees. The free leg is straight and held in the air (left).
2. Push through the heel of the foot resting on the bench until full hip extension is achieved. There should be a straight line between the knee and the shoulders at the top of the movement. You may wish to imagine that you are trying to “touch” the ceiling with the toe of the free leg.
3. Lower back to the floor under control.



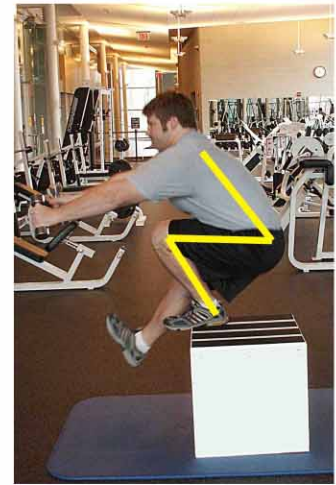
One Leg Squat Off Bench

Perform this exercise in a position similar to a lunge. Maintain good position of the trunk, and relationship between the knee and foot throughout the movement. Weights can be held in the hands for an added challenge.



Single Leg Squat Off Box Series

1. Begin standing on a box in the athletic position. One leg should be hanging off the side freely, raised slightly in front of the body. The support leg should be positioned such that the toes are hanging off the front of the box. The hands should be raised in front with the option of holding light weights to help with balance.
2. Start the downward movement by flexing at the hip, not the knee. The free leg should move forward to help as a counter-balance to the movement. Squat low enough so that the support leg is parallel with the ground.



Single Leg Squat Off A Foam Roller and Single Leg Squat with Transverse Reach

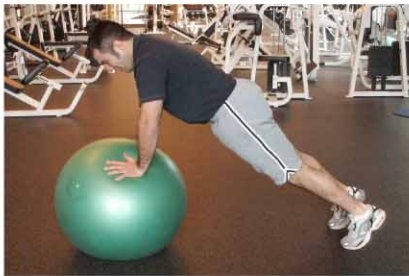
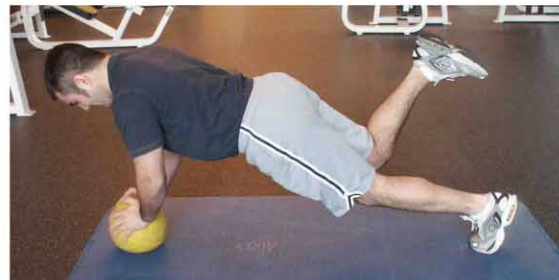
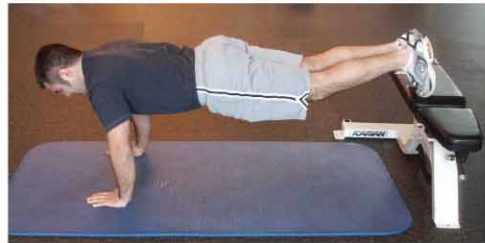
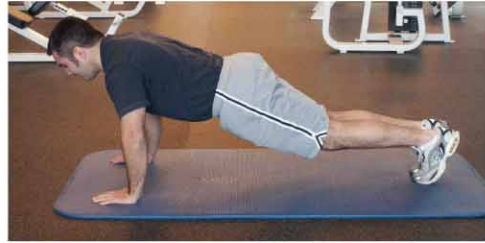
For additional challenge, the use of a half foam roller or transverse reach can be used (or a combination).



Push Up Progression

Maintain neutral alignment of the body with sound posture.

1. *Regular*
2. *Single Leg Contact*
3. *Feet on Bench*
4. *Single Leg Off Bench*
5. *Medicine Ball*
6. *Medicine Ball Off Single Leg*
7. *Off Stability Ball, Hands On*
8. *Off Stability Ball Shins On*
9. *Off Stability Ball Single Shin Contact*
10. *Off Stability Ball Toes On*
11. *Off Stability Ball Single Foot On*



Inverted Row

1. Set up a bar off a squat rack as illustrated. It should be high enough off the ground so that when you grasp the bar, your back does not touch the ground (top left).
2. Hold the bar with your hands slightly wider than shoulder width at a comfortable position. The bar should be aligned approximately at mid chest (top and bottom left).
3. Begin with your knees bent at 90 degrees. Maintain a neutral body alignment throughout the motion by keeping the hips up. Pull yourself to the bar until it touches your chest. Lower through a full range of motion until the shoulder blades are fully protracted (top right).



For an added challenge follow this progression:

1. *Off One Leg*
2. *Legs Straight*
3. *Legs Straight Off One Leg*
4. *Legs Straight Off Bench*
5. *One Leg Off Bench*
6. *Two Legs Off Ball*
7. *One Leg Off Ball*
8. *Using Grippers*

Curl To Rotational Press

1. Begin by holding two dumbbells at shoulder height with your palms facing toward you.
2. Simultaneously perform a bicep curl & shoulder press. Rotate your hips feet & the shoulder while pressing.



Front & Lateral Raise

Simultaneously perform a front and lateral raise and alternate each rep.



Crossover Step Up to Single Leg Balance to Medicine Ball Twist

1. Begin in a crossover step position with a medicine ball resting on the hip closest to the box.
2. Perform a crossover step-up whilst simultaneously lifting the medicine ball and rotating the trunk in the opposite direction (middle).
3. Finish balanced on 1 leg with the thigh parallel to the ground. Pay attention to maintain posture and control throughout the motion. This exercise challenges the body in all three anatomical planes at once (right).
4. Step off the box by executing the same motion in reverse.

