

# Strength Training with Dumbbells

Strength training with dumbbells has many practical applications. With this method you can work at home without having to buy expensive equipment. The benefits include:

- Incorporating stabilizing muscles which help develop more balanced muscle strength.
- They are a safe and easy way to lift weights when used correctly with the right form.
- Each exercise fits you perfectly, instead of trying to fit into a machine.
- Using dumbbells allows you to go through a more natural range of motion. You will be able to perform movements similar to “real life.”
- You can work through the entire range of motion.
- Dumbbells are extremely versatile and can be used in any location. They can be used in circuits, as well as the standard strength training program.

The biggest benefit that comes from using dumbbells is their versatility compared to the cost. You can't beat a good set of weights and a workout bench or exercise ball. The bottomline is you don't need fancy equipment to see results. Either in the gym or at home, using dumbbells is a smart way to strength train.

It is important to remember to not to use too much weight, especially when you first start out. Doing more repetitions using less weight will aid in toning muscles and help build endurance. Using too much weight can cause improper form which could lead to injury.



## Here are some safety considerations:

- 1) Always warm up before working out.
- 2) Perform each of the dumbbell exercises with a light weight to start.
- 3) Have someone spot you at all times (if you can).
- 4) Avoid suddenly dropping the weights to the floor.

\*Source: <http://www.sport-fitness-advisor.com/dumbbellexercises.html>

# Dumbbell Exercises

## Biceps



### Dumbbell Curl

- Targets Biceps Brachii
- Also works Brachialis and Brachioradialis

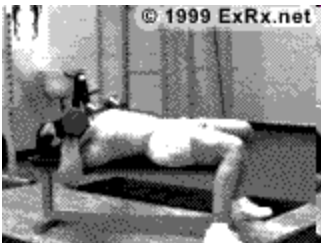
## Triceps



### Triceps Extension

- Targets Triceps Brachii
- Stabilizers include Deltoid, and Pectoralis Major

## Chest



### Chest Press

- Targets Pectoralis Major
- Also works Triceps Brachii and Deltoid

## Shoulders



### Shoulder Press

- Targets Deltoid
- Also works Triceps, Trapezius, and Pectoralis Major

## Obliques



### Side Bend

- Targets Obliques
- Stabilizers include Trapezius, Levator Scapulae, and Gluteus Group

## Back



### Bent Over Row

- Targets Back in General
- Stabilizers include Triceps

## Lower Body



### Step Ups

- Targets Quadriceps
- Also works Gluteus Group, Hamstrings, Calfs, and "Core muscles"

## Calfs



### Single (or Double) Leg Calf Raise

- Targets Gastrocnemius
- Also works Soleus