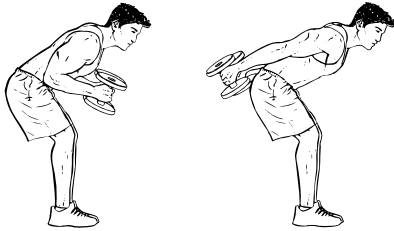


Muscle Toning

44 min · Arms, Back, Chest, Legs, Shoulders

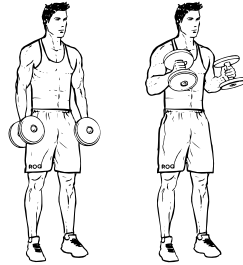
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Bent Over Double Arm Tricep Kickbacks



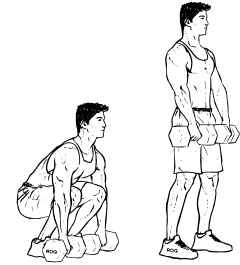
3 sets 20 reps 1 min rest

Standing Dumbbell Bicep Hammer Curls



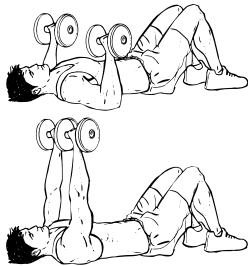
3 sets 15 reps 1 min rest

Dumbbell Deadlifts



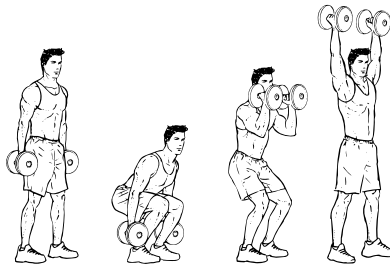
4 sets 12 reps 70 sec rest

Dumbbell Floor Chest Press



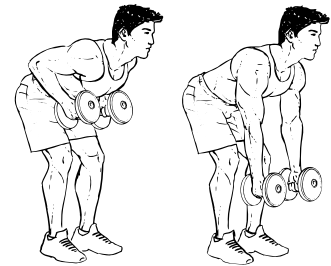
4 sets 12 reps 1 min rest

Dumbbell Squat Clean and Press



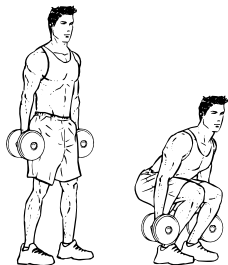
3 sets 15 reps 1 min rest

Standing Two-Armed Bent Over Dumbbell Rows



4 sets 15 reps 1 min rest

Dumbbell Squats



4 sets 12 reps 1 min rest



Bent Over Double Arm Tricep Kickbacks

Primary muscle group(s):

Triceps

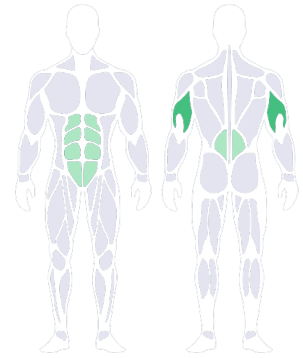
Secondary:

Abs, Lower Back

Holding a pair of dumbbells with an overhand grip, stand tall with your chest up and core braced. Bend at the hips while keeping your back completely flat.

Once your upper body is parallel with the floor, bring your upper arms to your sides. Begin by pushing the dumbbells back and behind you.

Pause at the top of the movement and feel the contraction in your triceps. Slowly lower the dumbbells and begin again.



Standing Dumbbell Bicep Hammer Curls

Primary muscle group(s):

Biceps

Secondary:

Forearms

Stand straight holding a dumbbell in each hand with a neutral grip.

Keep your arms fully extended with your palms facing in to your sides.

Keep your elbows tucked in to your sides. This is the start position.

Keeping your upper arm stationary, exhale and curl the dumbbells up towards your shoulders.

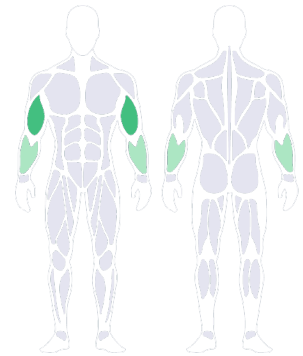
Continue raising the dumbbells until your biceps are fully contracted and the dumbbells are at shoulder level.

Hold for a count of one and squeeze your biceps.

Return to the start position in a smooth movement, inhaling as you do so.

Repeat.

i There are many ways to perform this movement. Other examples include; sitting with or without back support, using alternating arms and also using a cable station's lower pulley.



Dumbbell Deadlifts

Primary muscle group(s):

Glutes & Hip Flexors, Lower Back

Secondary:

Abs, Calves, Hamstrings, Quadriceps

Place two dumbbells on the floor.

Stand facing the dumbbells with your feet shoulder width apart.

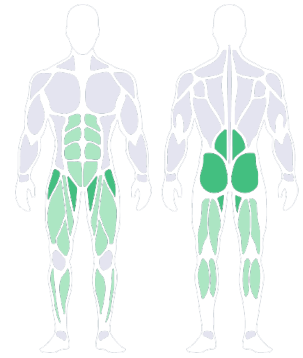
Bend knees and hips to lower your torso in a squatting movement, keep your back straight.

At the bottom of the squat grip the dumbbells with an overhand grip, keeping your arms fully extended.

Return to an upright position holding the dumbbells with your palms facing towards your body and extending your hips forward. Do not round your back.

Return the dumbbells to the floor in the same manner you picked them up.

Repeat.



Dumbbell Floor Chest Press

Primary muscle group(s):

Chest

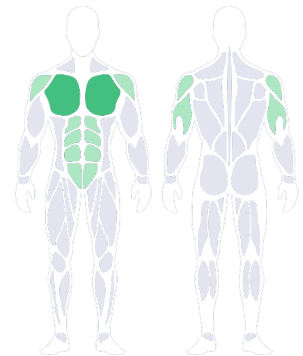
Secondary:

Abs, Shoulders, Triceps

Place a pair of dumbbells on the floor. Lie on your back in between the dumbbells. Bend your knees and move your feet towards your butt.

Grab the dumbbells and hold them above you. Allow your upper arms to remain on the floor. Begin the movement by pushing the dumbbells over your chest. Pause at the top and squeeze your chest muscles.

Slowly bring the weights down to the starting position, allowing your arms to rest for a brief moment before beginning the next repetition.



Dumbbell Squat Clean and Press

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps, Shoulders

Secondary:

Hamstrings, Lower Back

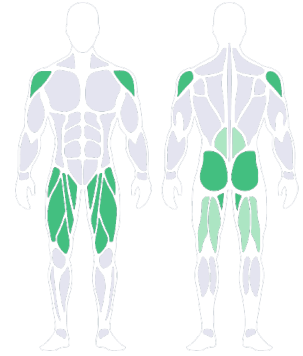
With dumbbells at your sides, stand with your feet slightly wider than shoulder-width apart and feet pointing slightly outward. Look straight ahead.

Squat down until your upper legs are parallel with the floor by bending your knees, keep your back straight.

With an explosive but controlled movement, push up through your heels and press the dumbbells above your head as you return to standing position.

Still standing, slowly lower the dumbbells down to your chest and then down to your sides by extending your arms.

Repeat.



Standing Two-Armed Bent Over Dumbbell Rows

Primary muscle group(s):

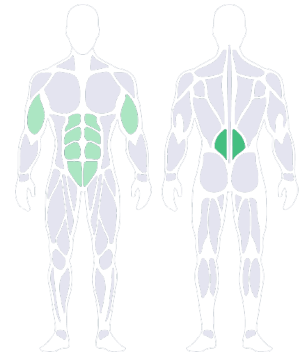
Lower Back

Secondary:

Abs, Biceps

Stand tall with a tight core and flat back. Hold a pair of dumbbells at your side with an overhand grip. Bend slightly at the knees as you push your hips back. Keep your chest and head up. Upper body should be almost parallel with the floor.

With your elbows at a 60-degree angle, bring the dumbbells up. Pause when your upper arm is parallel with the floor. Contract the muscle then slowly return the dumbbells to the starting point.



Dumbbell Squats

Primary muscle group(s):

Quadriceps

Secondary:

Calves, Glutes & Hip Flexors, Hamstrings, Lower Back

With your feet shoulder-width apart, stand with dumbbells as your sides with your palms facing each other.

Keeping your back straight and facing forward, squat down until your thighs are parallel to the floor.

Pause for one second.

Pushing up from your heels, raise back up to starting position and repeat.

