

DUMBBELL EXERCISES & WORKOUTS

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That's why we've created this minute dumbbell workout. With only a pair of dumbbells and a bench, you can get a quick, calorie-burning, total-body workout .

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Dumbbells are the most accessible free weights so they're the first most people tend to try, either in the gym or as part of a home workout. They're also among.

These compound exercises call for using dumbbells in creative ways. Put them together for a one-stop cardio and strength dumbbell workout.

Looking for the best dumbbell exercises? How about a free workout routine that only uses dumbbells? Well, here it is.

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This lightweight pick from Under Armour gets the job. Although it does require you to have access to a flat bench it remains one of the best ways to target your pectoral muscles chest your triceps, as well as your front deltoids shoulders. Holding the dumbbell in left hand, raise it up to shoulder height. Raise one dumbbell directly in front of you. Bend lower back and knee to lower. Athletes typically favor dumbbell exercises over machines as they can replicate sport-specific movements more accurately. Challenge every muscle group using just one piece of super-portable equipment. The dumbbell exercises below have been divided into the major muscle groups of the body. Use this workout routine to strengthen your back muscles. The dumbbells should be able to find at least one that targets each of the major muscle groups. Draw shoulders down away from ears, engage core, and use body as a platform from which to push off.