

## A Winning Workout: Dumbbells Anytime, Anywhere!

*Three smart moves that make the most of lifting weights...*

### METATITLE

Dumbbell workouts are great for everyone

### METADESCRIPTION

Dumbbell workouts are great for everyone and with these three smart exercises you can build strength and shape without the bulk...

The key to using dumbbells is to lift the right amount of weight without losing form by arching your back, lifting your shoulders or swinging your arms or moving your trunk. You'll know if the weight is too heavy when you feel the burn in your joints rather than your muscles. Start by using weights in both hands and progress to working one side at a time for greater core challenge and to develop balanced strength on both sides of your body.

#### 1) L- Shape to Y- Shape

Targets: Upper back, arms, shoulders

Recommended weight range: 3lb-6lb

Position: Standing

- Stand feet parallel under hips with dumbbells, elbows bent at 90 degrees, palms face inward.
- Lift both arms to shoulder height, keeping elbows bent, palms face down to form an L-shape.
- Keep elbows still while lifting your forearms upward until palms face forward to form an upright L-shape.
- Reach weights out and up toward sky to form a Y-shape.
- Bring arms back to upright L-shape, palms still facing forward.
- Lower forearms until palms face the floor in an L-shape, elbows stay still.
- Repeat sequence 15x.

(PHOTOS): Standing, 5lb dumbbells

1. Model holds elbows at 90-degrees with weights
2. Model holds arms in L-shape, palms face floor
3. Model holds arms in upright L-shape, palms face forward
4. Model holds arms in Y-shape
5. Model holds arms in upright L-shape/ (repeat of photo 3)

## 2) Concentration Curls

Targets: Biceps

Recommended weight range: 8lb-15lb

Position: Seated

- Sit on a bench with abs held in, your back straight, legs apart.
- Hold a weight in one hand with palm face up with your elbow against your inner thigh. Support your body with your free arm resting on your other leg.
- Press elbow into your thigh as you curl the weight toward your shoulder.
- Keep wrist straight and facing upwards throughout the movement.
- Slowly lower weight without losing pressure of your elbow against your leg.
- Repeat 15x each side. Keep shoulders from rounding forward.

(PHOTOS): Seated

1. Model sits in start position, arm straight, elbow against leg with dumbbell, good posture supported by free arm
2. Model holds position of weight curled up near shoulder
3. Model holds weight with straight arm towards floor

## 3) Triceps Crossovers

Targets: Triceps

Recommended weight range: 5lb-10lb

Position: Kneeling

- Kneel with right leg forward, weight spread evenly between front foot and back knee.
- Hold weight in left hand by forming a circular grip between thumb and fingers, close to the end of the dumbbell.
- Reach arm to sky until elbow is by your ear, palm faces forward.
- Lower weight by crossing it behind your head until the dumbbell is two inches from your opposite shoulder. Keep elbow still.
- Lift weight back up until arm is fully straight.
- Lower weight by crossing it in front of your head toward your opposite shoulder.
- Lift weight back up toward sky until arm is straight.
- Repeat both movements 15x, alternating between lowering the dumbbell behind and then in front of your head.

(PHOTOS): Kneeling, mat, dumbbells

1. Model kneels holding same weight as back leg (side view)
2. Close-up on circular hand grip
3. Model holds arm straight overhead with dumbbell
4. Model holds weight crossed behind head two inches from shoulder (back view)
5. Model holds weight straight overhead
6. Model holds weight crossing in front of head two inches from shoulder (front view)