

W.O.W.

WAC ON WELLNESS

DUMBBELL DOMINATION

TIME: 45 MINUTES

EQUIPMENT: Two sets of dumbbells (one light weight, one moderate weight).

Optional: One mat for core work.

LEVEL	SUGGESTED WEIGHT
Beginner	5 lbs, 10-12 lbs
Intermediate	10-12 lbs, 15-20 lbs
Advanced	15-20 lbs, 25-30 lbs

INSTRUCTIONS:

Warm up for 5-10 minutes (suggested dynamic stretches: toy soldiers, walk outs or inchworms; suggested warm up exercises: jump ropes, high knees, butt kicks, bodyweight squats and lunges).

Grab a set of lighter weight dumbbells for the upper body circuit, and a set of moderate weight dumbbells for the lower body circuit. Perform each exercise for 45 seconds, followed by a 15 second rest before moving onto the next exercise in the circuit. Complete each circuit 3 times through before moving on. Adjust weight as needed. Follow up your workout with a 5-10 minute cool down (suggested: perform stretches for your hips, quads, hamstrings & chest).

UPPER BODY: COMPLETE CIRCUIT 3 TIMES

1. Dumbbell Arnold Press
2. Dumbbell Bicep Curls
3. Dumbbell Bent Over Rows
4. Push Ups
5. Dumbbell Chest Press

LOWER BODY: COMPLETE CIRCUIT 3 TIMES

1. Dumbbell Squat Thrusters
2. Dumbbell Pulsing Lunge (Right)
2. Dumbbell Pulsing Lunge (Left)
4. Dumbbell Deadlifts
5. Alternating Reverse Lunges with Dumbbells

CORE: COMPLETE CIRCUIT 3 TIMES

1. Sit Ups
2. Plank Rotations
3. Hip Bridge with Leg Raise (30 seconds each side)
4. V-Sit (or Boat Pose)

See a Personal Trainer for more detailed instructions or a demonstration.



BY ZOE RENTMEESTER

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Always consult your physician before starting any exercise program.
www.thewac.com/wow