

THE DUMBBELL ONLY WORKOUT

This workout will target all major muscles groups, using only dumbbells. It features some of the best dumbbell exercises available to ensure you have a good session. Always perform warm-up sets before working sets.

Target Muscle Group	Exercises	Reps	Sets	Rest
Chest	Chest Press Chest Flye	If training for muscle endurance, 15-20 reps x 3 sets. Have 30-60 seconds rest between sets. Use a relatively low weight. If training for hypertrophy (muscle size), 8-12 reps x 4 sets. Have 60-120 seconds rest between sets. Use moderately heavy weight. If training for strength, 3-7 reps x 5 sets. Have up to 180 seconds rest between sets. Use heavy weight.		
Back	Single-arm Row			
Shoulders	Shoulder Press Lateral Raise			
Legs	Lunge Goblet Squat Straight-legged deadlift			
Arms	Hammer Curl Tricep Extension			

This workout is generic in a sense that it won't suite everyone's needs. However, it is a good basic dumbbell workout for use in a busy gym where equipment may be limited. For further instruction, contact our authors.

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