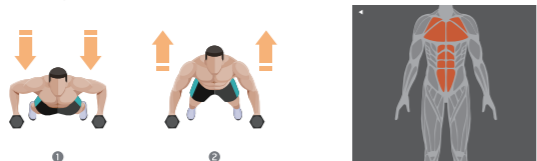


# Dumbbell Training Getting Started Guide

## Full-Body Training >>>

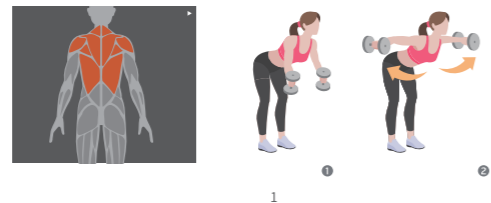
### Dumbbell press-up

- **Target muscles: Pectorals and triceps**
- **Instruction:** Start in the pushup position with hands holding dumbbells about shoulder-width apart, positioned below your chest. Your body should form a straight line from head to heels. Tighten your core and flex your arms as you bend your elbows and press back-up.



### Dumbbell standing flye

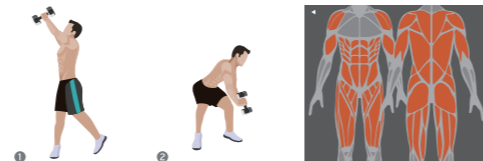
- **Target muscles: Deltoid muscle, trapezius muscle, rhomboid muscle**
- **Instruction:** Stand tall with a dumbbell in each hand kept at arm's length by your sides. It is not a just a side lateral raises movement, but flapping-wing movement. Make sure to pull the dumbbells toward the ceiling until your limbs are parallel to the floor.



## Full-Body Training >>>

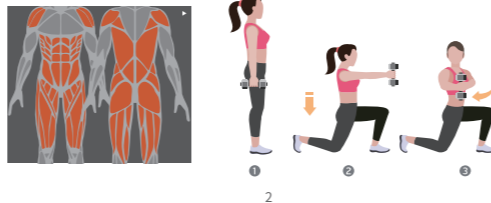
### Dumbbell woodchop

- **Target muscles: Waist**
- **Instruction:** Stand with your feet shoulder-width apart, holding a dumbbell with one hand at one side. With a chopping motion, raise the dumbbell up and across your body until it's above your shoulder, and then swing the dumbbell down while bending at your hips.



### Dumbbell Stepping lunge and rotation

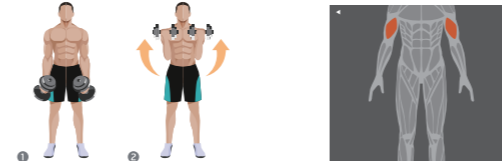
- **Target muscles: Quadriceps femoris, biceps, gluteus maximus muscle, Internal and external oblique**
- **Instruction:** Take a large step forward into a lunge position with your one foot. Your chest, abs and knee of the front leg should not go beyond the toes while lowering your rear knee almost to the ground. Both knees and toes are pointed in the same direction. Hold a dumbbell straight out in front of your chest with arms outstretched.



## Upper Body Training >>>

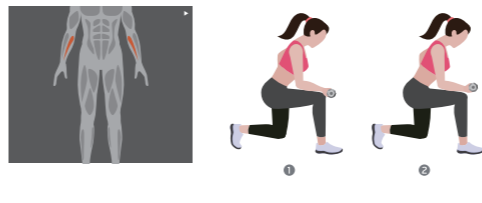
### Dumbbell curl

- **Target muscles: Biceps**
- **Instruction:** Keeping your upper arms stationary, exhale as you curl both dumbbells up to shoulder level while contracting your biceps. Ensure your elbows tucked into your sides throughout the lift.



### Dumbbell wrist curl

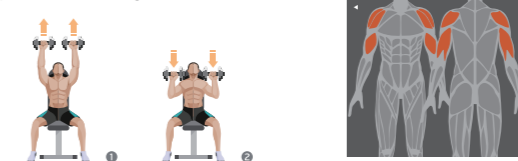
- **Target muscles: Arms**
- **Instruction:** Contract your biceps, with a dumbbell in your hand, curl your wrist upward as high as possible and exhaling. Hold at the top for a brief pause while squeezing your forearm. Your forearm should be stationary throughout the exercise. Then inhale as you lower your wrist back down to the starting position.



## Upper-body Training >>>

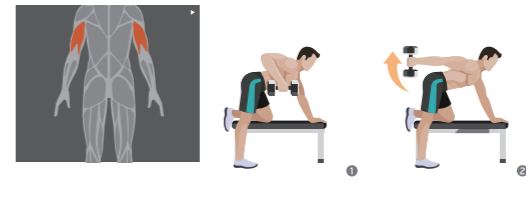
### Dumbbell shoulder press

- **Target muscles: Deltoid and triceps**
- **Instruction:** Hold a pair of dumbbells by your shoulders with your elbows out to the sides. Exhale and push the dumbbells upward until your arms are fully extended. After a brief pause at the top contracted position, slowly lower the dumbbells back down to the starting position while inhaling.



### Dumbbell tricep kickback

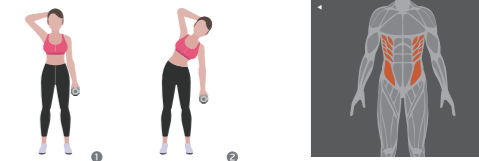
- **Target muscles: Triceps**
- **Instruction:** Keep your back straight with a bend in the knees. Hold a dumbbell in your hand, positioning your upper arms close to your torso, parallel to your body, and bend at the elbow. Now, focus on moving only your forearms.



## Core Training >>>

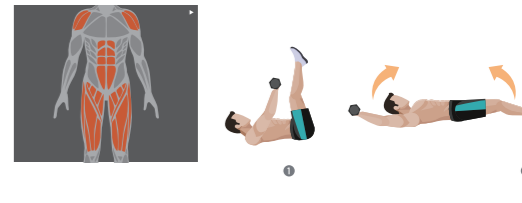
### Dumbbell lateral flexion

- **Target muscles: Internal and external oblique**
- **Instruction:** Stand up straight while holding a dumbbell by your side. Keep your arms straight, and slide the dumbbell down by laterally flexing your waist. Trainers with lower-back pain should exercise carefully, or avoid this exercise.



### Dumbbell floor bench press with leg lift

- **Target muscles: Abdominal**
- **Instruction:** Start with a dumbbell in each hand, hold your arms straight up to the ceiling and close to your body. Draw your belly button down towards the floor to engage your core, and then contract your abs to raise up. Roll torso forward until you almost touch your toes with the dumbbells. Ensure to keep your feet together throughout the exercise.



## Core Training >>>

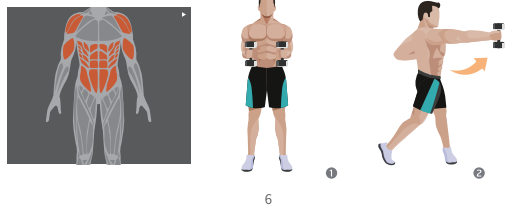
### Dumbbell russian twist

- **Target muscles:** Abdominal
- **Instruction:** Keep the abdominals tight, slowly twist your torso to your side while bringing the dumbbell to the same side as you exhale. Inhale and move back to the starting position. (Tips: Pay attention to the speed as you twist. Excessive twisting can cause back pain.)



### Dumbbell lateral side swing

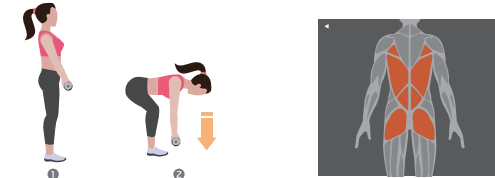
- **Target muscles:** Deltoid, abdominal
- **Instruction:** Stand with your feet shoulder-width apart. Hold a dumbbell in each hand and raise the dumbbell out to the side of your body until your arms are fully extended (straight at the elbow).



## Back Training >>>

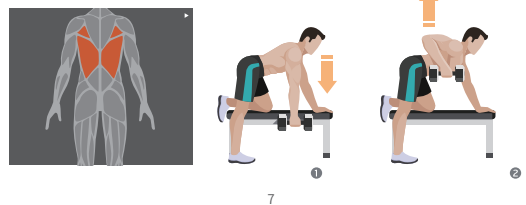
### Stiff-legged deadlift

- **Target muscles:** Latissimus dorsi, gluteal Muscles
- **Instruction:** Open your feet and hold a pair of dumbbells in each hand. Hold your breath, bowing forward while keeping your head slightly raised and knees slightly bent. Slow down and exhale.



### Dumbbell one-arm row

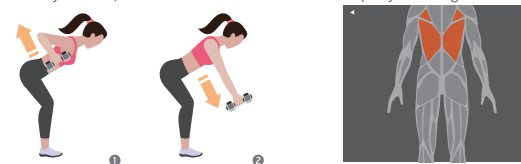
- **Target muscles:** Latissimus dorsi
- **Instruction:** Lean over and keep your back straight. With a dumbbell in your left hand, let it hang straight toward the floor. Pull the dumbbell straight up to the side of your lower abdomen, bend your arm and bring your shoulder upward as you squeeze your shoulder blades together.



## Back Training >>>

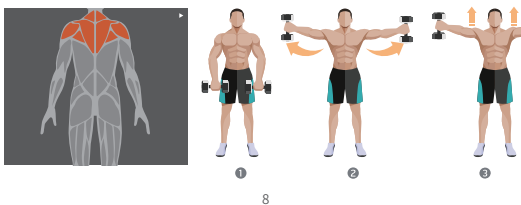
### Bent over dumbbell row

- **Target muscles:** Latissimus dorsi
- **Instruction:** Bring your torso forward by bending at the waist so that your chest can lean forward over your feet. Keep your back straight. Hold a dumbbell in each hand, letting them hang down in front of the body at about mid-shin level. This is your starting position. Contract your back, bend the arms and lift the dumbbells up to your ribcage.



### Dumbbell side shrug

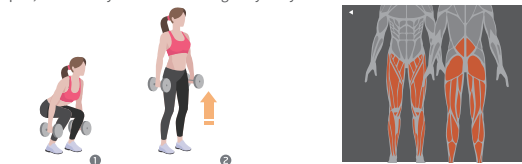
- **Target muscles:** Deltoid muscle, trapezius muscle
- **Instruction:** Stand with your feet shoulder-width apart. Hold a dumbbell in each hand, letting them hang down on the sides of the body with a slight bend in your elbows. Raise the dumbbells out until your arms are parallel to the floor. Hold this position as you keep all the weight over your shoulders.



## Leg Training >>>

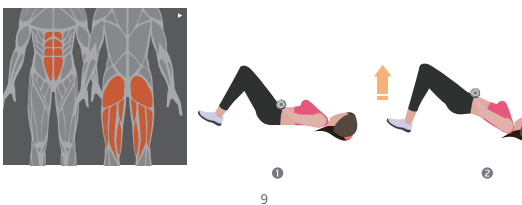
### Dumbbell squat

- **Target muscles:** Gluteus maximus and legs
- **Instruction:** Place your feet shoulder-width apart. Stay upright and keep your head up and looking forward. Hold a dumbbell in each hand with your arms resting along the sides of the body. Keep your head and chest lifted, your back flat and inhale. As you lower down into a squat, make sure your knees do not go beyond your toes.



### Dumbbell glute bridge

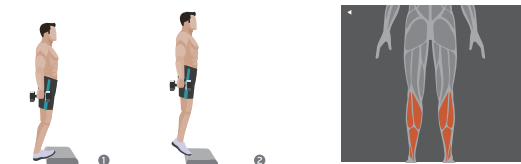
- **Target muscles:** Abdominal and legs
- **Instruction:** Tighten up your hips, bend your knees with feet flat on the floor. Lift your hips up to the ceiling until your body forms a long diagonal line, from shoulders to knees.



## Leg Training >>>

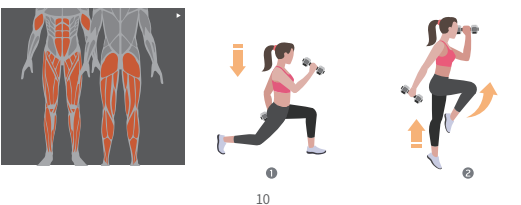
### Dumbbell calf raises

- **Target muscles:** Gastrocnemius muscle, soleus muscle
- **Instruction:** Hold a dumbbell in each hand, letting them hang naturally down the sides of your body. Place the ball of the foot on a sturdy and stable object (that is around 5-8 centimeters tall). Raise your heels off the floor and then slowly lowering the heels to the starting position.



### Dumbbell split jump

- **Target Muscles:** Lateral compartment of leg, quadriceps, and hips
- **Instruction:** Stagger your feet with one foot forward and one foot back. Lower your back knee toward the ground, while your front knee should not go beyond the toes. Push up off the ground with both feet, jumping as high as possible while swinging your arms. Make sure to put your feet together as you jump. After you land, hop feet back to the start position.



## Fitness Tips >>>

- Exercise over 5 times a week, and more than 20 minutes each time.
- Warm-up before exercise.
- 3 to 4 seconds for each action. Longer time for inhale and shorter time for exhale. Inhale on exertion and before exercise, and exhale when exercising.
- Workout should be two hours after a meal. Rest 1 to 2 hours after a workout.

Body Fat Measurement Table							
Types	Age	Underweight	Normal	Overweight	Obese	Extremely Obese	
Gender							
	Male	<30	<14%	14%-20%	20.1%-25%	25.1%-35%	>35%
		>30	<17%	17%-23%	23.1%-28%	28.1%-38%	>38%
Female	<30	<17%	17%-24%	24.1%-30%	30.1%-40%	>40%	
	>30	<20%	20%-27%	27.1%-33%	33.1%-43%	>43%	

Body water comparison chart							
Types	Age	Slim	Lean	Normal	Overweight	Obese	
Gender							
	Male	<30	66.0-60.5%	60.4-57.1%	57.0-53.6%	53.5-50.2%	50.1-37.8%
		>30	66.0-59.1%	59.0-55.7%	55.6-52.3%	52.2-48.8%	48.7-37.8%
Female	<30	66.0-56.4%	56.3-53.0%	52.9-49.5%	49.4-46.1%	46.0-37.8%	
	>30	66.0-55.0%	54.9-51.6%	51.5-48.1%	48.0-44.7%	44.6-37.8%	

Body Mass Index		
Types	Male	Female
Underweight	<20	<19
Normal	20-25	19-24
Overweight	25-30	24-29
Obese	30-35	29-34
Extremely Obese	>35	>34

BMI = Body Weight (kg)/ Body Height (m)<sup>2</sup>