



Dumbbell Circuit: Workout 1

Anytime Workouts

3 circuits

10 reps
per exercise

60 secs
between circuits

35min



Taylor Bachman



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Here Is Your Workout

Perform 10 reps of each exercise in a circuit, resting 60 seconds between circuits. Perform 3 full circuits.

For the warm-up, perform 10 reps of each exercise for only one set.

Use a challenging weight that allows you to complete all reps. If the weight is too easy, slightly increase it. If it's too hard, slightly decrease it.

Increase your strength and endurance, boost your metabolism and shed body fat with these dumbbell-only circuits.

Equipment: Dumbbells

Intensity

Reps: 10

Circuits: 3

Load: CHALLENGING

Rest: 60 secs between circuits

Perform 10 reps each exercise in a circuit, resting 60 seconds between circuits.

Perform 3 full circuits.

Circuit

Perform each exercise in the workout, one after another, and then rest. This is one circuit.

Split Squat

Legs



- 1 - Stand upright with your feet split front to back holding dumbbells at your sides.
 - 2 - Lower your body toward the floor, bending at the hips and knees and leaning your torso slightly forward with your weight on the front leg.
 - 3 - Push off the front foot to return to start position, keeping your back flat and your head up throughout the movement.
- Complete all reps on one side before switching to the other side.

Equipment Sub: Plates, Kettlebells

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Bench Press

Chest



- 1 - Lie on a bench holding dumbbells at shoulder level with your elbows bent.
 - 2 - Press the dumbbells up over your chest, straightening your arms.
- Lower the dumbbells back to shoulder level and repeat.

Equipment Sub: Barbell

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Bent Over Row

Back



- 1 - Holding a dumbbell in one hand with your arm straight, place the opposite knee and hand on a bench, keeping your back flat.
 - 2 - Lift the dumbbell up to the side of your chest, bending at your elbow.
- Lower the dumbbell back to a straight arm position, keeping your back flat throughout.
 - Complete all reps on one side before switching to the other side.

Equipment Sub: Kettlebell, Plate

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			



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Overhead Press

Shoulders



1 - Stand upright holding dumbbells at shoulder height with your elbows bent and your palms facing forward.

2 - Press the dumbbells overhead, extending your arms fully.

- Keep your back flat throughout the movement.

Equipment Sub: Barbell

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Anterior Lateral Step Up

Legs



1 - Stand to the side of a bench with one foot on the bench slightly in front holding dumbbells by your sides.

2 - Push down on top foot, stepping up and laterally onto the bench.

- Step down and back with the outside foot, keeping the other on the bench.
- Complete all reps on one side before switching to the other side.

Equipment Sub: Barbell, Plates

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Weighted Crunch

Abs



1 - Lie on your back with your knees bent and feet flat holding a dumbbell in both hands at your upper chest.

2 - Lift your head and shoulders off the floor, keeping your knees bent and feet flat.

- Lower your head and shoulders and repeat.

Equipment Sub: Plate, Med Ball

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Pullover

Chest



1 - Lie on your back holding one dumbbell in both hands with your arms extended up over your chest.

2 - Lower the dumbbell back behind your head, keeping your arms straight.

3 - Raise the dumbbell back up over your chest, returning to the start position.

Equipment Sub: Barbell, Plate

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Twisting Curl

Biceps



1 - Stand upright holding the dumbbells by your sides with your arms straight and your palms facing inward.

2 - Raise the dumbbells up to your shoulders, turning at the wrists, finishing with your palms facing back.

- Keep your elbows close to your sides throughout and do not swing your arms or upper body.

Equipment Sub: Kettlebells

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Kickback

Triceps



1 - Hold a dumbbell in one hand with your elbow bent up at shoulder height, placing the opposite knee and hand on a bench with your back flat.

2 - Lift the dumbbell up and back, straightening your arm.

- Keep your shoulder steady and your back flat throughout.
- Complete all reps on one side before switching to the other side.

Equipment Sub: Plate

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			



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Side Bend

Abs



1 - Stand upright holding one dumbbell to one side, bend over to that side.

2 - Bend to the opposite side, moving through your midsection.

- Complete all reps on one side before switching to the other side.

Equipment Sub: Plate

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			