



# Compound Movements with Dumbbells





# Welcome to 8 Weeks of Dumbbells!

I am Rebecca B, owner of ID Fit Programs, and I will be your coach!

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The following is a workout plan using dumbbells. Included are the exercises performed from each class and the following sets for the week. First, we build some ground work by discussing posture and basic movements. Then we combine the learned dumbbell movements into compound and full body strength exercises.

In the class we discuss muscular endurance training versus strength training and hypertrophy.

We also discuss modifications for various movements.

Light weights are recommended for endurance reps and heavier weights are recommended for muscle building movements. It is good to train your muscles for both muscular endurance as well as for strength.

Be sure to talk with your physician before starting any program.

Training with dumbbells has many benefits! So, I hope you enjoy your workout!



# Week1 Exercises

Exercise:	Reps:	Notes:
Shoulder press		
Bent over row		
Lateral extensions		
Dumbbell dead lift		
Walking lunges		
Crunches		
Calf raises		
Squats		

Focus on form while performing these movements from class.

Practice form with or without weights as you develop. We are learning various dumbbell movements and how they serve the muscle groups.

What are your fitness goals?

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## Homework: Week 1

Write your own sets based on the dumbbell movements above. It is good to perform a set 2-3 times in a session. For heavier weights; think 8-12 reps. For lighter weights think 20-50 reps.

Exercise	Reps	Weight	Notes:

Exercise	Reps	Weight	Notes:

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# Welcome to Week 2

More dumbbell movements to add to your repertoire. Practice form with lighter (or non) weights.

You get to practice form and create your own sets.

What is your strategy to help yourself develop the habit of weight training?

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## Week 2 Exercises

Exercise:	Notes:
Lateral arm extensions	
Bicep curls	
Leg extensions -quads	
Triceps kickbacks	
Oblique Standing Crunch	
Upright rows	
Dumbbell drags	
Sumo Squats	



Homework: Create your own sets and do them!

Exercise	Reps	Weight	Notes:

Exercise	Reps	Weight	Notes:

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# Welcome to Week 3

This week we begin to wrap up the basic movements.

Which movements are your favorite? How are you writing your sets to workout all the muscle groups?

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## Week 3 Exercises

Exercise:	Notes:
Chest flies	
Squat hold	
Single leg dead lift	
plank	
Renegade rows	
Bicycle crunches	
Reverse crunch	
On elbows with leg extensions	



Complete your sets. Write out your sets using movements from the previous weeks. What have been your favorite movements?

Exercise	Reps	Weight	Notes:

Exercise	Reps	Weight	Notes:





# Welcome to Week 4!

When it comes to endurance training for your muscles, think more reps in an amount of time. Not just more reps, but more well performed reps with lighter weights than what you would use in strength and hypertrophy training.

It is good to mix muscular endurance and

## Week 4 Exercises

Exercise:	Notes:
Chest flies	
Triceps kick back	
Lunge with a twist	
Crunch	

Depending on your goals, I recommend training 2-3 times a week. See the homework on the next page. This time you will list the number of seconds you will perform the movement, rather than the number of reps required (as in strength and hypertrophy training).

Record the number of reps you perform in the given number of seconds. This is muscular endurance; the ability to repeatedly do a movement.



## Homework: Week 4

### Day 1

Exercise	Time	Weight	Notes:
Chest flies	40 seconds		
Triceps kick back	40 seconds		
Lunges (L & R)	40 second (L & R)		
Crunches	40 seconds		

3-4 sets each

### Day 2

Exercise	Time / reps	Weight	Notes:
Squats	40 seconds		Toe flare, get low, squeeze butt at top
Push-ups	40 seconds		
Renegade rows	40 second		
Lateral raises	40 seconds		
Shoulder press	40 seconds		

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# Welcome to Week 5

This week we continue to develop sets that train our muscular endurance. Endurance is one's ability to continue to perform a movement effectively over time.

The movements below can be used to train muscular endurance. Be sure to use somewhat light weights when performing these movements. Think 20-50 reps.

Remember hypertrophy and strength training use progressively heavier weights and for that training only 6-12 reps for 3-4 sets are used to develop your muscle.

## Week 5 Exercises

Exercise:	Notes:
Upright rows	
Squat with dumbbell pulse	
Russian twist	
Romanian dead lift with snatch (one dumbbell)	(squeeze glute at the top)



## Homework Week 5

Exercise	Time	Weight	Notes:
Squats	40 seconds		
Triceps extension	40 seconds		
Romanian lift with snatch	40 second (L & R)		
Russian Twist	40 seconds		

Exercise	Time / reps	Weight	Notes:
lunge	40 seconds (L & R)		Let knee get as low as possible (your legs are like two L's)
Push-ups	40 seconds		
Leg raises in chair	40 second		
Lateral arm raises	40 seconds		
Bicep curl	40 seconds		

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# Welcome to week 6!

We begin combining multiple movements to produce compound movements with dumbbells using learned and practiced movements from previous weeks.

Still pay attention to form

Keep your fitness goals in sight!

My fitness goals are:

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## Week 6 Exercises

Exercise:	Notes:
Shoulder press w/ squat	
Side lunge w/ curl	
Dumbbell drag w/ push up	
Quad leg extension	(squeeze glute and quad at the top)



## Homework: Week 6

### Day 2

Exercise	Time	Weight	Notes:
Squats	40 seconds		
Side lunges	40 seconds		
Romanian lift with snatch	40 second (L & R)		
crunches	40 seconds		

3-4 sets each

### Day 3

Exercise	Time / reps	Weight	Notes:
lunge	40 seconds (L & R)		Let knee get as low as possible (your legs are like two L's)
Push-ups	40 seconds		
Quad extension	40 second		
Triceps extension	40 seconds		
Bicep curl	40 seconds		

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# Welcome to week 7!

This week we are combining different movements for a full body experience.

The movements are demonstrated in class. Practice appropriate form.

For the lunge with lateral raise; lunge forward as you raises your arms laterally to either side. Then return to standing position with arms down. The Russian twist and triceps combo can be done with or without weights. You can dip your triceps after returning from your twists on eighter side" left, right, tricep (1 rep), left, right, tri (2)...".

Compound movements are simply bending or flexing two or more joints at a time in a movement.

## Week 7 Exercises

Exercise:	Notes:
Lunge with lateral raise	
Russian twist with triceps extension	
Chest flies	Bent knees like a "chair sit"
Rotation with Row and single press	Tighten core



## Homework: Week 7

### Day 2

Exercise	Time	Weight	Notes:
Squats	40 seconds		
Side lunges	40 seconds		
Romanian lift with snatch	40 second (L & R)		
crunches	40 seconds		

3-4 sets each

### Day 3

Exercise	Time / reps	Weight	Notes:
lunge	40 seconds (L & R)		Let knee get as low as possible (your legs are like two L's)
Push-ups	40 seconds		
Quad extension	40 second		
Triceps extension	40 seconds		
Bicep curl	40 seconds		





# Welcome to Week 8!

Congratulations on making it through week 8. Compound movements are simply movements that utilize two more more joints. Think “flexion and extension”. That is what your muscles are doing.

Utilize these tools to create your fitness routine. Contact ID Fit Programs or visit the website for more opportunities and any questions you may have.

## Week 8 Exercises

Exercise:	Notes:
Renegade row with quad extension	Squeeze quads at the top of the extension
Dumbbell deadlift with a reverse lunge knee drive	
Calf raises and in & out squat	

What are you planning to do to help you continue pursuing your fitness goals?

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Home work Week 8

1) What are your fitness goals?

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2) What time of day will you most likely workout (3-4 times a week)?

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3) What are you going to do to make it easy for you to keep the habit of working out at the time you selected?

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Use the template to help you design your workout schedule.

Week: \_\_\_\_\_

Upper Set 1

Date:

Exercise	Weight	Reps	Notes

Lower Set 1

Date:

Exercise	Weight	Reps	Notes

The template is in its full form on my website at [idfitprograms.com](http://idfitprograms.com). Join the ID Fit Troop Facebook page to keep in touch. Don't hesitate to get in contact with Rebecca Biedler, if you have any questions.



*Rebecca Biedler*

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