

# DUMBBELL WORKOUT



## INFO

### HOW TO CREATE A WORKOUT

1. Select 3-4 Exercises
  2. Perform the appropriate rep and set range for your goal.
- NOTE:** Increase the weight for strength & toning or decrease for endurance & cardio.

### FITNESS GOAL

**ENDURANCE & CARDIO**  
**STRENGTH**  
**TONING**

REP

15 - 20  
12 - 15  
8 - 10

SETS

1 - 3  
1 - 3  
1 - 3



SEATED TRICEPS PRESS



KICKBACK



OVERHEAD TRICEPS PRESS



STANDING BICEP CURL



CONCENTRATION CURL



LYING SINGLE ARM FLYES



BENCH PRESS



LYING PULLOVER



SHOULDER PRESS



STANDING SIDE RAISE



SHOULDER SHRUG



SEATED INCLINE DELTOID RAISE



ALTERNATING FRONT DELTOID RAISE



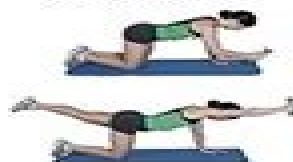
STANDING BENT-OVER FLYES



SCREWDRIVER



BENT OVER ROW



POINTING DOG



DEADLIFT



SQUAT



LUNGE

ARMS & CHEST

SHOULDERS & BACK

LEGS

# Exercise Dumbbells Manual

**Harold J. Brenner**



## **Exercise Dumbbells Manual:**

**Manual of Instruction in the Use of Dumb Bells, Indian Clubs, and Other Exercises** Morris Bornstein, 1889

Manual of Instruction in the Use of Dumb Bells Morris Bornstein, 1880

**Physical Training Manual** Carl Ziegler, 1904

**The Manual of Weight-training** George Kirkley, John Goodbody, 1978

Manual of Instruction in the Use of Dumb

Bells, Indian Clubs, and Other Exercises Morris Active 1889 Bornstein, 2025-05-22 Manual of Instruction in the Use of Dumb Bells Indian Clubs and Other Exercises by Morris Bornstein offers a fascinating glimpse into late 19th century fitness practices Published in 1889 this manual provides detailed instructions and illustrations for utilizing now uncommon exercise equipment like Indian clubs alongside the more familiar dumbbells The book emphasizes a holistic approach to physical culture advocating for regular exercise to improve strength agility and overall well being Bornstein s work is valuable not only as a practical guide to historical exercise techniques but also as a social document reflecting the Victorian era s growing interest in physical health and self improvement Readers interested in the history of fitness early exercise regimens or Victorian social history will find this manual an engaging and informative resource This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it This work was reproduced from the original artifact and remains as true to the original work as possible Therefore you will see the original copyright references library stamps as most of these works have been housed in our most important libraries around the world and other notations in the work This work is in the public domain in the United States of America and possibly other nations Within the United States you may freely copy and distribute this work as no entity individual or corporate has a copyright on the body of the work As a reproduction of a historical artifact this work may contain missing or blurred pages poor pictures errant marks etc Scholars believe and we concur that this work is important enough to be preserved reproduced and made generally available to the public We appreciate your support of the preservation process and thank you for being an important part of keeping this knowledge alive and relevant

*ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription* American College of Sports Medicine, Jeffrey L. Roitman, 2001 This complementary book to ACSM s *Guidelines for Exercise Testing and Prescription* elaborates on the Knowledge Skills and Abilities KSAs you need to study for any of the American College of Sports Medicine certification exams It also serves as a valuable professional resource behind the Guidelines New content includes updated research throughout and a reorganization of the KSAs to correspond with the sixth edition of ACSM s Guidelines Significantly revised chapters include Epidemiology of Physical Activity Physical Fitness and Selected Chronic Diseases Diet and Chronic Disease Medical and Invasive Interventions in the Management of Coronary Artery Disease Comprehensive Cardiovascular Risk Reduction in Patients with Coronary Artery Disease Smoking Cessation Policies and Procedures for Clinical Programs Both the clinical and health fitness tracks are covered in an attractive design that highlights the KSAs for each level of certification The book features both theoretical and practical physiological concepts

and relates the examples to exercise testing training and programming thus providing a complete perspective on clinical exercise physiology and fitness A Brandon Hill recommended title **Official Gazette of the United States Patent and Trademark Office** ,2001 **Therapeutic Exercise** Carolyn Kisner,Lynn Allen Colby,John Borstad,2017-10-18 Here is all the guidance you need to customize interventions for individuals with movement dysfunction You ll find the perfect balance of theory and clinical technique in depth discussions of the principles of therapeutic exercise and manual therapy and the most up to date exercise and management guidelines Fitness Programming and Physical Disability Patricia D. Miller,1995 Twelve authorities in exercise science physical disabilities and adapted exercise programming show how to safely and effectively modify existing fitness programs without changing the quality or nature of the activity to enable individuals with disabilities to participate From publisher description **A Reference Handbook of the Medical Sciences Embracing the Entire Range of Scientific and Practical Medicine and Allied Science** ,1902 **A Reference Handbook of the Medical Sciences Embracing the Entire Range of Scientific and Allied Sciences** Albert Henry Buck,1902

*Therapeutic Exercises for the Treatment of the Neurologically Disabled* Harold J. Brenner,1957 *The Dumbbell Workout Handbook: Weight Loss* Michael Volkmar,2018-06-26 Over 100 of the absolute best results driven dumbbell workouts providing an intensive new way to burn fat improve conditioning and lose weight Developed by best selling fitness author and strength and conditioning expert Mike Volkmar this collection of dumbbell workouts will challenge you by promoting total body fitness while burning away unwanted fat These results oriented workouts target all muscle groups from chest and arms to core and legs and provide a powerful combination of exercises designed to help sculpt and tone your ideal body The Dumbbell Workout Handbook Weight Loss is a great way to change up your routine and break through plateaus Whether you train at home in your garage gym or at the local fitness club your workouts will never be boring again guaranteed So grab some iron and get fit now **A Brief History of Physical Education** Emmett Ainsworth Rice,1929

**The Manual of Child Development** ,1927 **High-Intensity Training** John Philbin,2004 With the complete training system profiled in this book readers can hit a new level of intensity and get maximum results in the weight room With High Intensity Training they can push their bodies to the limit and produce fast safe results Therapeutic Exercises Ora Leonard Huddleston,1961 *Report of the Inspector* Great Britain. Reformatory and Industrial Schools Department,1907 *Sessional Papers* Great Britain. Parliament. House of Commons,1901 *The first book of Samuel [ed.] by F. Marshall* Samuel (the prophet, book 1),1903

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not included length of 193 mm width of 88 mm

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