



Dumbbell Workout Day 1: Upper Body



You'll need to decide on the number of sets and rep ranges based on what you're trying to accomplish, your level of experience, how often and how recently you've worked out. Here are some guidelines:

8-10 reps, 2-4 sets: I want to lift fairly heavy in order to build some muscle and I can handle the workload and recovery.

10-12 reps, 2-4 sets: I want to lift a bit lighter but still build some muscle.

12-15 reps, 1-3 sets: I want to lift pretty light and work on muscular endurance.

Warm-Up: 5 minutes on the treadmill, bike or elliptical.

Flexibility: 5 minutes of light, movement-based stretching.

Date:	Reps	Weight	Sets
1. Incline Bench Chest Press			
2. Flat Bench Chest Press			
3. Seated Shoulder Press			
4. Side Lateral Raise			
5. Seated Rear Delt Shoulder Fly			
6. One-Arm Row			
7. Bent-Over Back Fly			
8. Alternating Bicep Curl			
9. Overhead Triceps Extension			

Warm-Down: 5 minutes slow on the treadmill, bike or elliptical.

Flexibility: 5 minutes light, static stretching to the point of mild discomfort.



This is solely for informational and educational purposes and does not constitute medical advice. Please consult a medical or health professional prior to beginning any exercise, nutrition or supplementation program or if you have any questions about your health.



Dumbbell Workout Day 2: Lower Body



You'll need to decide on the number of sets and rep ranges based on what you're trying to accomplish, your level of experience, how often and how recently you've worked out. Here are some guidelines:

8-10 reps, 2-4 sets: I want to lift fairly heavy in order to build some muscle and I can handle the workload and recovery.

10-12 reps, 2-4 sets: I want to lift a bit lighter but still build some muscle.

12-15 reps, 1-3 sets: I want to lift pretty light and work on muscular endurance.

Warm-Up: 5 minutes on the treadmill, bike or elliptical.

Flexibility: 5 minutes of light, movement-based stretching.

Date:	Reps	Weight	Sets
1. Squat			
2. Forward Lunge to Reverse Lunge			
3. Goblet Squat			
4. Split Squat			
5. 1-1/2 Sumo Squat			
6. Single-Leg Calf Raise			
7. Standing Calf Raise			

Warm-Down: 5 minutes slow on the treadmill, bike or elliptical.

Flexibility: 5 minutes light, static stretching to the point of mild discomfort.



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Dumbbell Workout Day 3: Full Body



You'll need to decide on the number of sets and rep ranges based on what you're trying to accomplish, your level of experience, how often and how recently you've worked out. Here are some guidelines:

8-10 reps, 2-4 sets: I want to lift fairly heavy in order to build some muscle and I can handle the workload and recovery.

10-12 reps, 2-4 sets: I want to lift a bit lighter but still build some muscle.

12-15 reps, 1-3 sets: I want to lift pretty light and work on muscular endurance.

Warm-Up: 5 minutes on the treadmill, bike or elliptical.

Flexibility: 5 minutes of light, movement-based stretching.

Date:	Reps	Weight	Sets
1. Incline Bench Chest Press			
2. One-Arm Row			
3. Seated Shoulder Press			
4. Bench Step-Ups			
5. Alternating Bicep Curl			
6. Reverse-Grip Chest Press			
7. Bent-Over Back Fly			
8. Arnold Press			
9. Alternating Reverse Lunge			
10. Lying Triceps Extension			
11. Goblet Squat			

Warm-Down: 5 minutes slow on the treadmill, bike or elliptical.

Flexibility: 5 minutes light, static stretching to the point of mild discomfort.



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