

## Directions

**Frequency:** Three times per week, in the following sequence, resting at least a day between each session.

**Time Needed: 30 minutes**

How To Do It: Perform as straight sets, completing all the prescribed sets for one exercise before moving on to the next. On all one-handed (or one-legged) moves, repeat with opposite limb. That's one set.

- See more at: <http://www.mensfitness.com/training/build-muscle/dumbbell-workout#sthash.NYKp7CEV.KLXqeR3N.dpuf>

Sequence:

### 1 Floor Press

**Sets: 3 Reps: 10**

Lie on your back. Allow your triceps to rest on the floor with your elbows close to your sides and wrists facing each other. Press the weights straight up.



See more at: <http://www.mensfitness.com/training/build-muscle/dumbbell-workout?page=2#sthash.mRSw9wsS.dpuf>

## 2 Renegade Row

**Sets: 3 Reps: 10 (each side)**

With a dumbbell in each hand, get into pushup position with your feet wide. Shift your weight to your left side and row the right-hand dumbbell to your side. Repeat on the opposite side.



- See more at: <http://www.mensfitness.com/training/build-muscle/dumbbell-workout?page=5#sthash.inwjxYYP.dpuf>

### 3 Goblet Squat

**Sets: 3 Reps: 15**

Hold dumbbell by one of the weighted ends with both hands and stand with your feet wide apart and pointed 45 degrees outward. Hold the weight at chest level. With your back in its natural arch, squat as deeply as you can.



- See more at: <http://www.mensfitness.com/training/build-muscle/dumbbell-workout?page=6#sthash.2ATOZdIP.dpuf>

#### 4 Single-Leg Deadlift

**Sets: 3 Reps: 8 (each side)**

Place two dumbbells on the floor in front of you and stand on one leg with the other pointing behind you. Pick up each weight, then extend your hips to stand straight up on the support leg.



- See more at: <http://www.mensfitness.com/training/build-muscle/dumbbell-workout?page=8#sthash.wtJBndbt.dpuf>

## 5 One-Arm Push Press

**Sets: 3 Reps: 15 (each side)**

Hold dumbbell in one hand at shoulder level with your palm facing forward. Bend your knees to gather momentum and then explosively press the weight straight overhead.



- See more at: <http://www.mensfitness.com/training/build-muscle/dumbbell-workout?page=7#sthash.JS1wfiSS.dpuf>

## 6 One-Arm Bentover Row

**Sets: 3 Reps: 15 (each side)**

Hold a dumbbell in one hand and step forward with the opposite leg. Bend at the hips until your torso is approximately 45 degrees to the floor. Row the weight to your side.



- See more at: <http://www.mensfitness.com/training/build-muscle/dumbbell-workout?page=3#sthash.yKNIFdDo.dpuf>

## 7 One-Arm Swing

**Sets: 3-5 Reps: 15-20 (each side)**

With a dumbbell in one hand, get into an athletic stance, with your feet wider than shoulder-width apart. Bend your hips and knees. Let the weight hang between your legs. Explosively extend your hips and knees to swing the weight up to eye level.



- See more at: <http://www.mensfitness.com/training/build-muscle/dumbbell-workout?page=9#sthash.VfUm6J7w.dpuf>

## 8 Get Up Situp

**Sets: 2 Reps: 5 (each side)**

Lie on your back on the floor, squeezing a dumbbell between your feet and holding another one over your chest. Keeping the tension in your legs, perform a



situp, moving the weight directly overhead.

See more at: <http://www.mensfitness.com/training/build-muscle/dumbbell-workout?page=4#sthash.IOWEPMsj.dpuf>