



HOME EXERCISE PRGOGRAMME

Class:	Dumbbell Combo
Trainer name:	Benine
Equipment:	Dumbbells
Date:	May 28, 2020

WARM-UP

Full body mobilization	5min	
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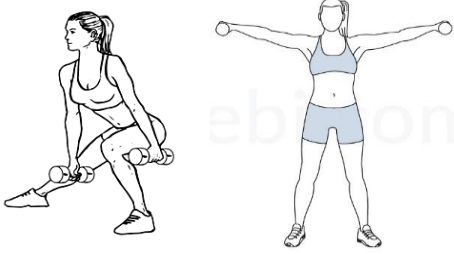

WORKOUT


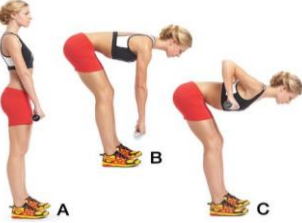

**Repeat group 1-5 three times. Repeat group 6 and 7 twice.
Take note that some exercises you will do different amout of reps for each round.**

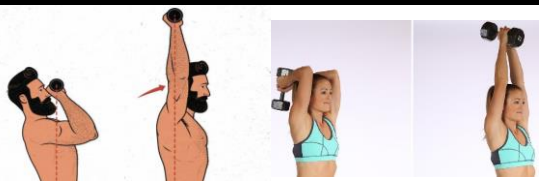
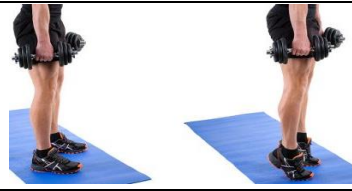

GROUP 1

EXERCISE	REPS	NOTES/ILLUSTRATION
Squat with Bicep curl	Set 1: 15 Set 2: 12 Set 3: 10	
Narrow Sqaut with press	Set 1: 15 Set 2: 12 Set 3: 10	
Jog on the spot with weights	30sec	



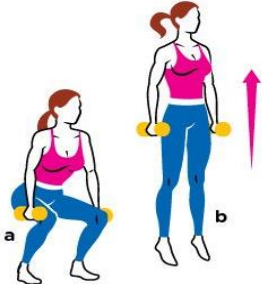
GROUP 2

EXERCISE	REPS	NOTES/ILLUSTRATION
<p>Back lunge with front raise</p>	<p>Set 1: 14 Set 2: 12 Set 3: 10</p>	 <p>Lunge back right leg then step feet together and do a front raise. That is one rep. Lunge back left leg then do a front raise. That is two reps.</p>
<p>Side Lunge with side raise</p>	<p>Set 1: 14 Set 2: 12 Set 3: 10</p>	 <p>Do a side lunge with your right leg then step your feet together and do a side rise. That is one rep. Now do your left leg for rep number two.</p>
<p>Burpee with weights</p>	<p>Set 1: 5 Set 2: 10 Set 3: 15</p>	

GROUP 3		
EXERCISE	REPS	NOTES/ILLUSTRATION
Sumo squat with upright row	10	
Deadlift and bent over row	10	 <p>Do a deadlift then a row at the lower part and then return to standing.</p>
Jog with punch up	Set 1: 12 Set 2: 24 Set 3: 36	 <p>Count on each arm as it lifts.</p>

GROUP 4		
EXERCISE	REPS	NOTES/ILLUSTRATION
Press and extension combo	Set 1: 15 Set 2: 12 Set 3: 10	 <p>Use one weight or two pressed two together. Press the weight up first and then lower it to the back.</p>
Calf raises	Set 1: 15 Set 2: 12 Set 3: 10	
Butt kicks with hammer curl motion	Set 1: 12 Set 2: 24 Set 3: 36	 <p>Keep dumbbell in your hands and do butt kicks and a hammer curl motion with your arms.</p>

GROUP 5

EXERCISE	REPS	NOTES/ILLUSTRATION
Narrow row to kick back combo	Set 1: 15 Set 2: 12 Set 3: 10	
Goblet Squat	Set 1: 15 Set 2: 12 Set 3: 10	
Jump Squat with dumbbells	Set 1: 5 Set 2: 10 Set 3: 15	 <p>Hold 2 weights or 1</p>

GROUP 6		
EXERCISE	REPS	NOTES/ILLUSTRATION
Chest Press	Set 1: 15 Set 2: 12 Set 3: 10	
Weighted hip bridge	Set 1: 15 Set 2: 12 Set 3: 10	
Bicycle legs	Set 1: 10 Set 2: 20 Set 3: 30	

GROUP 7		
EXERCISE	REPS	NOTES/ILLUSTRATION
Dumbbell Sit-up	10	
Dumbbell toe reach	10	
Russain Twist	10	

STRETCHES

Chest Stretch	Hold 20sec	
Rhomboid stretch	Hold 20sec	
Shoulder Stretch	Hold 20sec (left and right)	
Side Stretch	Hold 20sec (left and right)	
Reach for toes	Hold 20sec	
Adductor Stretch	Hold 20sec (left and right)	
Standing Glute Stretch	Hold 20sec (left and right)	
Lower Back Stretch	Hold 20sec	