



HOME EXERCISE PRGOGRAMME

Class:	Dumbbell HIIT
Trainer name:	Benine
Equipment:	Dumbbells
Date:	April 6, 2020

WARM-UP

Full body mobilization	5min	
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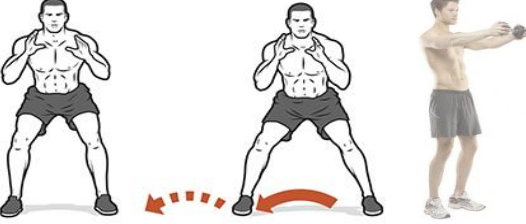


WORKOUT


Repeat each group 3 times.

GROUP 1


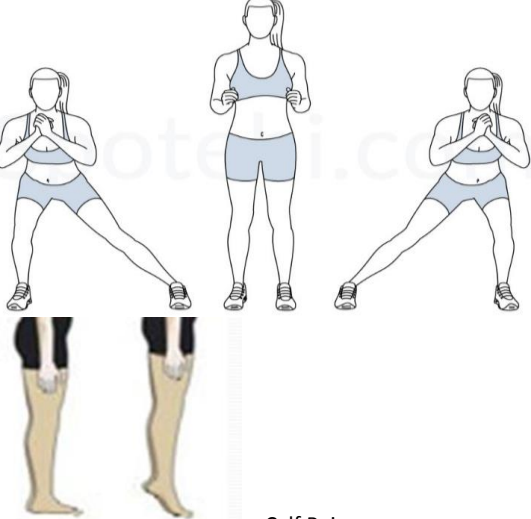

EXERCISE	REPS	NOTES/ILLUSTRATION
Cardio with Dumbbells: Dumbbell Burpee	10	
Lower Body with Dumbbells: Dumbbell Squat with Lateral leg lift	12 (Alternating leg lift to the side)	<p>Hold dumbbells on your side or one at the chest.</p>
Upper Body with Dumbbells: Shoulder press followed by dumbbell pec deck	10	<p>Shoulder Press</p> <p>Pec Deck</p>


<p>Cardio no weights: Star Jumps</p>	<p>10</p>	
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GROUP 2		
EXERCISE	REPS	NOTES/ILLUSTRATION
<p>Cardio with Dumbbells: Side shuffle holding one dumbbell at your chest then push it out on the side. Repeat towards the other side.</p>	<p>10</p>	
<p>Lower Body with Dumbbells: Alternating lunge back with forward kick</p>	<p>12 (alternating legs)</p>	 <p>Hold dumbbells on your side on one at your chest.</p>
<p>Upper Body with Dumbbells: Wide bicep curl into Y press</p>	<p>10</p>	





<p>Cardio no weights: High knee with clap under knees</p>	<p>10</p>	
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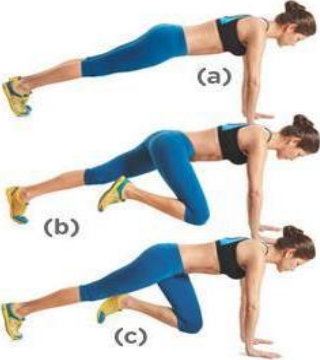
GROUP 3

EXERCISE	REPS	NOTES/ILLUSTRATION
<p>Cardio with Dumbbells: Dumbbell to knee</p>	<p>20</p>	
<p>Lower Body with Dumbbells: Alternating side lunge doing a calf raise when your feet are together in the middle</p>	<p>12</p>	 <p align="right">Calf Raise</p>
<p>Upper Body with Dumbbells: Dumbbell row to tricep kick back</p>	<p>10</p>	








<p>Cardio no weights: Hop legs out and in while in high plank</p>	<p>10</p>	
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GROUP 4

EXERCISE	REPS	NOTES/ILLUSTRATION
<p>Cardio with Dumbbells: Jump squat turning 180°</p>	<p>10</p>	 <p>Hold one weight at your chest</p>
<p>Lower Body with Dumbbells: Narrow squat with alternating leg kick back</p>	<p>12</p>	 <p>Hold dumbbell on your side or one dumbbell at your chest.</p>
<p>Upper Body with Dumbbells:</p>	<p>20</p>	
<p>Cardio no weights: Skater Jumps</p>	<p>16</p>	

GROUP 5		
EXERCISE	REPS	NOTES/ILLUSTRATION
Cardio with Dumbbells: Jog on the spot punching arms up	20	
Lower Body with Dumbbells: Sumo Squat with calf raise at the bottom	12	 <p>STEP 1 STEP 2 STEP 3</p> <p>Hold 2 dumbbells in the middle or 1 at your chest.</p>
Upper Body with Dumbbells: Push-Up with alternating arm row	10	 <p>Modified push-ups on the knees can be done.</p>
Cardio no weights:	20	 <p>(a) (b) (c)</p>

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

