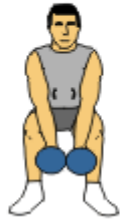


## Dumbbell Combo

### Dumbbell Squat and Rotational Swings



#### **Exercise Description:**

Dumbbell Squat and Rotational Swings

#### **Classification:**

Dumbbell Combo

#### **Instructions:**

1. Start position: Holding a dumbbell in each hand start in squatted position with dumbbells between legs.
2. Start movement by standing up and keeping arms straight rotate shoulders and trunk towards the left.
3. Return to the starting position and repeat to the other side.
4. Repeat for the prescribed number of repetitions.

Bicep Squat to Hip Abduction



#### **Exercise Description:**

Bicep Squat to Hip Abduction

#### **Classification:**

Dumbbell Combo

#### **Instructions:**

1. Start by holding a dumbbell in each hand in a shoulder width stance position.
2. Squat down to parallel while simultaneously curling the dumbbells to shoulder height.
3. Squat back up to the start position. Once you are near the top of the squat then laterally abduct your left leg out to the side.
4. Return your leg to the starting position. Repeat exercise with other leg.
5. Complete prescribed repetitions alternating your legs.

DB Lunge Crossover



**Exercise Description:**

DB Lunge Crossover

**Classification:**

Dumbbell Combo

**Instructions:**

- 1) Start position: Stand with feet hip width apart. Grasp DB's and hold out in front of body
  - 2) Step forward 2-3 feet forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury. As you are lunging swing dumbbells across body towards the hip.
  - 3) Pushing off front foot, return to start position with legs and dumbbells. Continue with same leg or alternate as prescribed.
  - 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.
  - 5) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.
- DB curl with shoulder press



**Exercise Description:**

DB curl with shoulder press

**Classification:**

Dumbbell Combo

**Instructions:**

1. Start by holding the dumbbells at your side with a neutral grip.
2. Curl the dumbbells up to shoulder level and then proceed into a shoulder press.
3. Keep your abs tight throughout the movement.
4. Return to the starting position and repeat.

DB squat and press



**Exercise Description:**

DB squat and press

**Classification:**

Dumbbell Combo

**Instructions:**

1. Start by holding the dumbbells at shoulder level.
2. Proceed into a squat and when you start to stand up push the dumbbells overhead until fully extended.
3. Bring the dumbbells back down and go into a 1/4 squat. Return to the starting position.
4. Repeat this movement for the recommended repetitions.

DB Deadlift Curl and Press



**Exercise Description:**

DB Deadlift Curl and Press

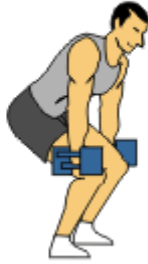
**Classification:**

Dumbbell Combo

**Instructions:**

1. Holding dumbbells at your side proceed to squat down into a squat until the dumbbells almost touch the ground.
2. Stand up and curl the dumbbells to shoulder level.
3. Now press the dumbbells up over your head until your arms are extended.
4. Return to the starting position and repeat.

Dumbbell Deadlift Row



**Exercise Description:**

Dumbbell Deadlift Row

**Classification:**

Dumbbell Combo

**Instructions:**

1. Start by holding dumbbells at your side.
2. Squat down until the dumbbells almost touch the ground.
3. Proceed to stand up and stop when your legs are semi straight and your back is at a 45 degree angle.
4. Now pull the dumbbells in towards your waist.
5. Return to the starting position and repeat.

Dynamic Lunge and Curl



**Exercise Description:**

Dynamic Lunge and Curl

**Classification:**

Dumbbell Combo

**Instructions:**

1. Start by holding the dumbbells at your side.
2. Lunge forward and down with your left foot.
3. As you stand up curl the dumbbells up to shoulder height. Return to the starting position with the dumbbells.
4. Repeat with the opposite leg until all recommended repetitions are completed.

Walking Lunge Curl and Press



**Exercise Description:**

Walking Lunge Curl and Press

**Classification:**

Dumbbell Combo

**Instructions:**

1. Start by lunging forward with the dumbbells at your side.
2. As you stand up from your lunge curl the dumbbells up towards the shoulders.
3. Bring the dumbbells back down to your waist as you go into your next lunge.
4. As you stand up from the second lunge raise the dumbbells up over your head as if you are shoulder pressing them up.
5. Bring them back down to the waist when you lunge down for the third time and repeat this sequence.
6. Repeat for the recommended repetitions.