



**DUMBBELL-  
EXERCISE.com**



## **FREE HOME FITNESS GUIDE**



# **Getting Started With DUMBBELLS**



**Dumbbells vs Machines, Finding  
Bargains, Save Space,  
Sample Routines & more!**

**by Mike Westerdal**

<http://www.dumbbell-exercise.com>

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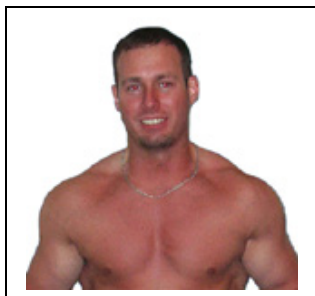
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## About The Author



Mike Westerdal is the creator of the Dumbbell-Exercise.com Web site. He graduated from Central CT State University and is a certified personal trainer through the American Council on Exercise.

Westerdal is a published fitness writer with REPS! Magazine, and various other publications. He is best known for his best selling home fitness program entitled, "[Dumbbell Routines & Exercises](#)" that has helped thousands of people get in better physical shape without the expenses or hassles of a gym membership.

## Why Dumbbells Make More Sense

In the world of resistance training, one of the most common debates is whether one should use machines or dumbbells (free-weights) for their strength-training goals. Despite the slick look and new technologies of the latest fitness machines out on the market, dumbbells are one of the very few tools used in strength training that have stood the test of time.

Simply stated, dumbbells are better because they are free weights. This means that you have to work to stabilize the weight, instead of the shiny machine. And that's the goal: for you to do the work.

The use of dumbbells gives you a much more comprehensive strengthening effect because the workout engages your stabilizer muscles, in addition to the muscle you may be pin-pointing. Without all of the belts and artificial stabilizers of a machine, you also engage your core muscles, which are your body's natural stabilizers. In this sense, every exercise also becomes a more comprehensive total-body workout. Free-weight lifting causes your body to engage its natural strengthening tendencies. The same person that can bench press 200 pounds with a bar or a machine, may be only able to lift 160 pounds of total weight with free weights. With dumbbells, results are quicker because you have to work harder to stay stable in the entire body.



Dumbbells also give the user a better range of motion. The movement that it takes to lift a dumbbell uses not only our natural weight bearing tendencies, but also the body's natural patterns of movement. In this sense, free-weights are more balanced, and more functional. An example of this functionality in the real world would be that of an athlete training for a sport. Through the use of the free-weights, the athlete could create a workout routine that mimicked critical

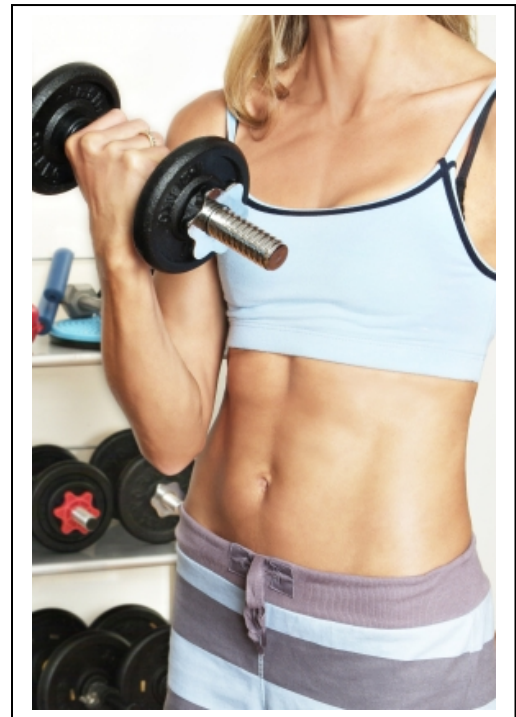
movement patterns that he or she repeats while engaged in the sport. Similarly, there are many cases where we can safely "multitask" with free-weights, such as in the case of doing biceps curls and lunges at the same time. In this way, you can perform a variety of exercises in less time than switching from machine to machine.

Furthermore, working out with dumbbells is something that most of us can afford to do from our own homes. In this sense, they carry over into normal life better than a machine can. The sheer variety that a couple of pairs of dumbbells can offer is unparalleled when compared to a machine. Many experts agree that dumbbells also create quicker, more visible results than exercise machines, because of their "natural" stabilizer effect, as well as the use of many other supporting muscle groups.

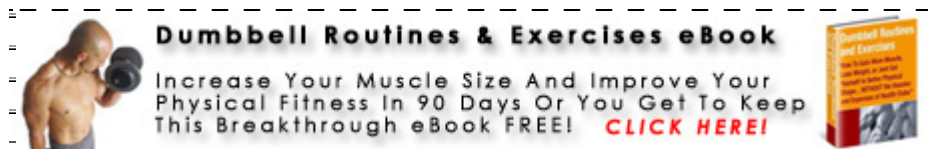
Price wise, the set of machines you would need to purchase to train all of your different muscle groups would cost a fortune for a home gym. A standard set of adjustable dumbbells can cost as little as \$200 to \$300 dollars. Compared to the price of buying the machines yourself, or even a standard gym membership, your own set of dumbbells are a great value for optimizing outcome on your body and your wallet. Space wise, today's adjustable dumbbell sets can be easily stored in the corner of a room or in a closet. Machines are bulky, and especially for a home-gym, require that you have an extra room in your home specifically for working out. This is simply unrealistic for most of us.

That said, there are some great benefits to using machines that should be mentioned. Particularly from a therapeutic standpoint, machines enable us to work a target muscle by pinpointing the exact and optimal range of motion. More modern machines also have cams that can alter the resistance in accordance with the muscle's strength curve. In this way, we can progressively load resistance, something that is impossible to do with free weights. Another advantage of machines is their ability to increase safety. The machine greatly prevents injuries from dropping a load on yourself, as well as hyper-extension or over-motioning.

All in all, your best bet for a comprehensive work-out is to use a combination of both, with a big emphasis on dumbbells and free-weight lifting. Use machines to target specific muscles, or to heal and strengthen an injury safely. And remember, dumbbells can be just as safe as a machine, if used with the proper awareness, proper training and general safety guidelines. Make the decision to incorporate adjustable dumbbells into your home or gym practice, and start witnessing some new changes in your strength process.







## How To Chose The Right Dumbbells & Not Get Ripped Off

Dumbbells are one of the most useful and versatile pieces of exercise equipment you can own. They can be used to effectively train any body part and are ideal for anyone, regardless of skill level, age, training capacity or fitness goals.

A good set of dumbbells is just about all you need to achieve your fitness goals in the privacy and comfort of your own home. They offer significant cost savings over a gym membership-plus you don't have to waste time and gas getting there. And with dumbbells there's no need to spend thousands of dollars on fancy, hi-tech fitness machines advertised on television or magazines.

In shopping for dumbbells you've got to do it right. It's easy to wind up spending a lot more money on dumbbells than necessary so your homework and don't get ripped off.

In the past, dumbbells were basically little more than metal bars with a couple of iron weights attached to the sides. Functional yes, but the old-style dumbbells were not particularly well-suited for the average home gym. Not only were they unsightly, but storage was often a problem and they were also prone to rolling around and just generally getting in the way. Today though, there are a wide variety of styles, shapes and weights.

First off, dumbbells today are available with both fixed and variable weights. The variable varieties have a clamp or screw-type fixture on the ends of the bar to hold the weights in place. Variable-style dumbbells typically support up to about 50 pounds, making them ideal for the person with somewhat aggressive fitness goals. For the beginner or persons who are primarily looking to tone their bodies or maybe just lose a few pounds, fixed-weight dumbbells may be the best route to go.

Fixed-weight dumbbells are available in a broad range of styles-and colors too. The weights are usually hex- or octagon shaped to reduce the chances that they'll roll around. Also, in many of the varieties developed specifically for the home, the weights are covered in rubber or vinyl, which considerably lowers the risk of damaging your floor or furniture when you set them down.

For the person frequently on the go who wants to be able to workout in the hotel room, aqua dumbbells may be the right piece of equipment for you. When empty, these innovative dumbbells weigh just a few ounces, take up minimal space and fit easily into a briefcase or duffel bag. To use them, you just fill them up with water

and you're all set to work out. They range in weight up to a maximum of about 16 pounds.

Before rushing out and buying a set of dumbbells, take time to think about your goals, where you'll be working out and where you'll be storing them-especially if you live in a condominium or apartment with limited space.

If general fitness or toning up is your goal then you won't want a lot of weight-up to about 12 pounds for women and maybe up to 20 pounds for men. You'll want a few different increments of weight though so you can vary your workouts. For women and older folks two-pound increments are ideal-for men, five-pound increments should work well.

So once you've made those decisions you can embark on a quest for the right dumbbells for you. My first rule of thumb is this: Keep it simple. Start small, establish a foundation and upgrade from there if necessary.

You might consider buying your first set of dumbbells used. There are plenty of people out there who bought nice dumbbells only to have them being used as doorstops six months later. Take advantage of their lack of commitment and enjoy the savings.

Depending on the style, quantity and where you buy them, a new set of dumbbells can cost anywhere from \$1 per pound up to about \$2.50 per pound. Sometimes you can find bargains online, but keep in mind weights can be costly to ship. We've seen some competitive prices at an equipment site called [TheBenchPress.com](http://TheBenchPress.com).

There is a link on the left hand navigation column entitled, "Dumbbells". It's worth comparing prices before purchasing. Here's the link: <http://tinyurl.com/6n2y8r>

On the other hand, a used set of dumbbells might run from as little as 25 cents a pound up to maybe 50 cents a pound. You can find really good deals on used dumbbells by scanning classified ads. If there are any stores in your area that sell used fitness equipment you should check them out as well-don't forget thrift shops and garage sales too.

Now you're equipped with the basic information you need to go about setting up your own home gym with dumbbells that are right for your needs and goals-and without getting ripped off. Stay tuned for the next lesson where we'll reveal the best space saving dumbbell set around!



## **The Dumbbells That Grow As You Grow**

Any fitness trainer will tell you that choosing the right dumbbells for home-training is essential for creating a successful and regular workout routine. Many newcomers to the world of strength-training cringe at the thought of having to purchase a wall-sized rack of weights to accompany the changes in their strength abilities over time.

Powerblock dumbbells are one of the most popular, adjustable weight training sets on the market. They are a great product to help you jump-start your own home fitness routine, without having to sacrifice a room of your house. These balanced, adjustable dumbbells provide good stability for strength-straining movements, while taking up very little space in your home. The following article will walk you through some of the finer points of these great, space-saving dumbbells.

Don't let their cage-like square shape fool you. The square shape actually weighs more than traditional round or hexagonal weights. These weights are impeccably composed of rectangular steel plates, side-rods and stacked vertical square plates, taking up about the same space as two of your average large dumbbells. In the realm of quick change dumbbells, Powerblocks are also extremely compact, allowing you to seamlessly integrate them into your space, without the bulkiness of a more traditional weight-lifting set. Powerblocks are adjustable dumbbells that can provide the entire weight-choice spectrum of a more traditional set of dumbbells.

A small set can fit into an 18 X 22 inch space, and can replace a whopping 37 pairs of traditional dumbbells. This means that you can store your entire free-weight workout facility in the space the size of a shoe box, instead of needing a massive wall or floor mount for your rack of weights.

This ingenious "all-in-one" setup is achieved through a pin mechanism that allows you to select the desired weight you want to lift. The pins mark off the needed weight to be lifted, and store the rest of the weight in the waist-high stand. Another great advantage to using this type of dumbbell is that they not only are they the heaviest of the non-traditional set-ups, but they are also super-versatile, in that they allow you to start with a 50-pound set, and expand upward in increments of 3 pounds towards a maximum of 130 pounds per dumbbell. This means that you can easily shift weight from as little as 5 lbs. to 50 lbs. in around 5-10 seconds.

If you can't picture these dumbbells visit the link below to see pictures:

<http://www.criticalbench.com/power-block-dumbbells.htm>

Powerblocks also provide the ideal setup for micro-loading, as the Powerblock set allows for small increases on the weight increments. To do this, you simply select your desired weight, and then easily add on the 2 pound micro-weights, which slip seamlessly into the hand-weight itself. In this way, the dumbbells are equally suited for all you beginner lifters, as well as the more seasoned lifting pro. Another advantage is that you can work slowly to move toward your desired strength goals, instead of having to jump from one weight to the next, as with other types of home-gym equipment.

Fitness wise, this is intelligent design. Powerblocks allow you to slowly and safely increase your strength and endurance without the risk of injury that comes from jumping and struggling with a heavier 5 pound increase. Safety and reduction of risk are of extreme importance, especially when working from a home-based gym without the supervision of a coach or trainer. The structural design of each Powerblock handle creates a very comfortable lifting experience for both the novice and advanced lifters. More importantly, for a beginner weight-trainer who may have weak wrists, the Powerblock has a wrist-protector handle padding to ensure wrist support, reducing the chance of injury.

Cost-wise, the average dumbbell will run you anywhere from 80-99 cents per pound and up. The average cost of Powerblocks run around 11 cents per pound, making them one of the most affordable products on the market. The set-up also comes with an easy-to-move workbench and a triceps bar that attaches to the the back of the workbench. Powerblocks offer a several versions of their selectorized dumbbell sets. The first is the Elite Personal Set, which equals 500 pounds of free-weights, or 10 pairs of dumbbells. This set allows you to train within a range of 5-50 pounds per dumbbell. The second version of this product is the Elite Powerblock, which equals 28 pairs of dumbbells, or a whopping 2,570 pounds of free weights. This allows you to work anywhere from 5 to 130 pounds per dumbbell.



All in all, with a good weight bench and a set of these dumbbells, anyone can have a quality weight-training set-up in a small space in their home. [Powerblocks](#) are the best bet for an efficient, safe workout, for both beginner and advanced lifters alike.



## No More Excuses – Dumbbells 101

Its 5:30 p.m. You are stuck in traffic on your way to the gym, longing for a way to get in your daily workout without the hassle of high membership fees, people hitting on you in the hallways, the music you don't like, and that laborious trek to just get there. If your own private gym sounds like an impossibility, think again. A home workout could be just the thing you need to de-stress after work on your own terms.

It is so easy to come up with reasons not to work out. An at-home workout will reduce some of these excuses that we create not to work out. Firstly, a home workout comes at little or no cost after you purchase a nice set of dumbbells. Secondly, you can easily fit in a workout from home in 30 minutes, instead of the hour or two that going to a gym can take. Buying an inexpensive DVD can also help you feel that you are getting the benefits of a top-notch personal trainer, without the high costs of paying one. Lastly, if you are in poor shape or just starting out, going to a gym can be an embarrassing affair. An at-home workout will allow you to go at your own pace without the fear of who is watching or judging you.

This article will now give you some great tips on how to strengthen and train at home, with some simple at-home workouts using dumbbells.

To start, it is important to set some goals regarding your personal fitness vision. Make a commitment to setting a time and schedule for a realistic workout plan such as three days a week, every other day. This way, you can give your body some resting time in between workouts, allowing it to come back even stronger for your next day of strength training. Using dumbbells is an essential part of your home

workout. They make you use your natural stabilizing muscular capabilities, as well as the body's natural patterns of movement. They also incorporate a bigger range of movement, and allow us to fine-tune target muscle groups.

The following gives a simple dumbbell home routine that pinpoints some major muscle groups.

**Lunges:** Warm the body with some cardio lunges for strength and upping that heart-rate. Hold a pair of dumbbells in each hand, appropriate for your strength abilities. Stand with feet about 10-18 inches apart. Hold the dumbbells at your sides and step one leg back, bending the front knee at a 90-degree angle, and allowing the back leg to bend automatically at a natural angle, almost to the floor, but not touching. (Stepping back instead of forward will help protect the knees.) Come back to the original position slowly and repeat the same leg 10-12 times. Do a set with the opposite leg. Repeat each side 2x.

Pics & Video:

<http://www.dumbbell-exercise.com/dumbbell-lunges.htm>

**Bicep curls:** Stand straight with a slight microbend to protect the knee. Hold a dumbbell in each hand. Lower your arms to your side-body, palms facing the outer legs. With the elbows tight into the mid-line and the shoulders released away from the ears, curl the weights up towards your chest, and slowly lower them down. Repeat. It is possible to alternate arms, or work both of them simultaneously. Start with 12 reps, 3x.

Pics & Video:

<http://www.dumbbell-exercise.com/alternating-hammer-curls.htm>

**Shoulder press:** Sit down on a bench or chair with back support. Using a dumbbell in each hand, lift your arms slowly above the head, keeping a micro-bend in the elbow. Slowly keep bending into the elbows until you come to a 90-degree angle, and then push back up into your original extended position. Repeat 12 reps, 2x.

Or Try the Arnold Press Pics & Video:

<http://www.dumbbell-exercise.com/arnold-dumbbell-press.htm>

**Triceps extensions:** Lie flat, ideally on a weight bench, or on a mat if you don't have access to a bench. Holding the appropriate weights, with the palms about two inches apart and facing each other, extend your arms straight above your head. Keep grounding and stabilizing your shoulders into the mat as you slowly bend your elbows, lowering the dumbbells down beside each side of your ears. Slowly push arms back up to extended and repeat 12 reps, 2x.

Video:

<http://www.dumbbell-exercise.com/dumbbell-tricep-extensions.htm>

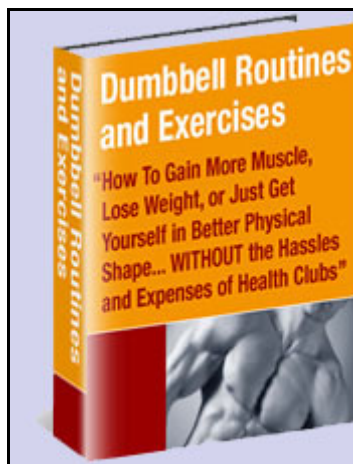
**Chest flies:** Use your weight bench and again lie down flat, or inclined if you have access to an incline bench. Place a dumbbell in each hand, your arms out wide, extended above the chest with your palms facing each other. Place a micro-bend in the elbows to prevent locking and ensure safety and then slowly begin to lower your arms until your upper arm bones are parallel to the floor. From there, come back to the original "cactus arm" position and repeat 12 reps, 3x.

Pics & Video:

<http://www.dumbbell-exercise.com/dumbbell-flys.htm>

Keep in mind that these are just a few of the many dumbbell workout options out there, but can be a good place to get you started on your path towards strength and wellness. If you do all these exercises you'll get a full body workout. As a beginner do the routine twice a week. Start with one set of each exercise working your way up to two sets of each exercise.

Any workout gets stale after a while. After you mastered this routine, try some of the more advanced routines and exercises offered in the, [Dumbbell Routines & Exercises eBook](#).



Here's the link for more information:

[Click Here](#)

## Another Beginner Sample Dumbbell Routine

This is a full body workout to be performed once a week. You should finish in about an hour. Concentrate on correct form and perform each repetition nice and slow to fully work the muscle avoid injury. Perfect for the beginner or person with a busy lifestyle. There are many advantages to exercising even if it's just one day a week. To keep this routine under an hour and also benefit from a cardio only rest for 30-seconds between sets. You may have to build up to this. After following this dumbbell routine for 2 months pick new exercises for each muscle group. 10 repetitions is good for toning and shaping. If you want to add muscle do lower reps. If you want to see more definition in the muscle you have to do even higher reps. 10 is a good compromise for most people.

**Dumbbell squats-** 2 Sets of 10 repetitions

**Stiff legged dumbbell deadlifts-** 2 Sets of 10 repetitions

**Standing dumbbell calf raises-** 2 sets of 15-20 repetitions

**Dumbbell bench press-** 2 sets of 10 repetitions

**Dumbbell military press-** 2 sets of 10 repetitions

**One-armed dumbbell rows-** 2 sets of 10 repetitions

**Concentration curls-** 2 sets of 10 repetitions

**Kickbacks-** 2 sets of 10 repetitions

**Bicycle crunches-** 3 sets until failure



## Dumbbell Exercises You've Never Heard Of

Dumbbells are about the most versatile piece of exercise equipment you'll ever use or own. You can train any body part with them, they're suitable for anyone- beginners, intermediate and pros- and can be used by people of any age to get fit. They're also the ideal piece of equipment regardless of your fitness goals. So whether you're just looking to trim down, maintain or even build mass, dumbbells can be the right piece of equipment you need. And, assuming that you're doing the movements properly, when you train with dumbbells you mimic the body's natural movements, considerably reducing the risk of injuring yourself.

The point today is to present a few little known, but highly effective dumbbell exercises- it's always good to do something new. When the body's muscles get too accustomed to the same routine day after day, week after week, month after month, your routine's effectiveness is diminished. That's why knowledgeable guys change up things up every now and then so they can keep seeing gains and achieving the results they want.

Here are a few dumbbell training routines that you probably haven't heard of.

**Dumbbell thrusters (legs, shoulders):** Works the glutes and shoulders at the same time. Place an exercise ball behind your legs. Stand straight holding two dumbbells at shoulder height with palms facing each other about even with your shoulders. Squat down until your butt touches the ball, then thrust upward raising your arms towards the ceiling, while maintaining your palms facing the same direction. Squat down again lowering the dumbbells to the starting position, then repeat.

**Dumbbell hamstring curl (hamstrings):** Lie face down on a flat bench with your knees hanging over about two to three inches. Have someone tuck a dumbbell vertically between your feet- if you're limber and not too clumsy, you can manage it yourself. Grasp the front two legs of the bench for stability. Then, without lifting your waist from the bench, keep your knees together tight and raise your toes (and the dumbbell) towards the ceiling until your shins are perpendicular to the floor.

**Dumbbell ab crunch (abs):** Lie on your back with your knees bent, feet flat on the floor, holding a dumbbell with both hands (one hand over each end of the dumbbell) close to your chest just below your chin. Keeping your butt and lower back on the floor, slowly roll your upper back off the floor, keeping your neck neutral. Pause and hold for a second or two and then return to the starting position and repeat.

**Low dumbbell crossover (chest):** This awesome move can completely isolate and pump up your pecs. It's like the Low Cable Crossover but done with dumbbells to further isolate the pectoral muscle. With one foot forward for stability, grasp the dumbbells (hands facing forward), spread your arms until they're at about a 45-degree angle and your hands are a few inches behind your hips. Lean forward



slightly. Bring the dumbbells up and together, using a sweeping arc motion, stopping right in front of your lower chest. Pause for a full second, return to the starting position and repeat. Keep your arms slightly bent to be sure that you're fully isolating the pecs.

**Dumbbell press and fly combo (chest):** This double-duty exercise keeps the pectoral muscles under tension throughout the movement. Position yourself for a regular dumbbell chest press. When your arms are fully extended, instead of dropping them back down to your chest, then slowly arc them out in a fly movement-without changing the position of your hands-until you get a nice stretch. Pause, return to the starting position and repeat.

**Zero impact dumbbell row (back):** Stand with your knees somewhat bent and lean over slightly, keeping your back straight. Hold the dumbbells so they're in front of your thighs (palms facing your legs). Your elbows should be slightly bent. Bring the dumbbells out, back and up behind you in an arc, swinging your elbows back like a pendulum but maintaining control of the weight, keeping your back straight. Focus on contracting the back muscles. Return to the starting position and repeat.

**Reverse incline hammer curl (biceps):** Use fairly light weights for this one-it really isolates the bicep. Sit backwards on an incline bench adjusted to a 60- to 70-degree angle. With your arms hanging straight down, hold the dumbbells with your thumbs up, palms facing each other (hammer curl position). Curl the weights up until the just touch your shoulders. Squeeze, pause and repeat. If you pull your elbows back just a bit, it will put more emphasis on the long head of the biceps, which can otherwise be tough to train.

**Wrong way tricep pullover (triceps):** Lie sideways (perpendicular) with your upper back on a flat bench as though you were going to do a dumbbell pullover for your chest. Grasping one dumbbell with both hands, bring your arms up and behind your head-again, as though you are going to do a dumbbell pullover. But instead of trying to keep your arms straight, stretch your arms back, maintain the upper arms in a fixed position and bend your elbows down, lowering the dumbbell and stretching the triceps. Pause, squeeze, return to the starting position and repeat.

Mix in a few of these "off the beaten path" dumbbell exercises into your training routine every now and then. Not only will it help keep your routine fresh, but you'll surprise your muscles with something new and maybe even see some gains.

Thank you for the opportunity to share this information with you. I hope you've taken some positive steps to improve your health and start getting in better shape. If this course wet your appetite than don't hesitate to check out our [illustrated dumbbell routine guide](#) to build upon what you've read over the past few days.

Do you feel like you have enough exercises at your disposal now but you're not sure how long to rest in between sets, how many reps to do, which exercises to perform on which days? A lot of those answers vary based on your goals and experience and goes beyond the scope of this mini-course.

I highly recommend you purchase the eBook, [Dumbbell Routines & Exercises](#) which provides you with the blueprint to follow. It includes 8 different routines for different levels and goals. It's on sale for \$27 right now so grab your copy before it goes back to the normal price of \$47.

The economy might be in rough shape right now, but you have to take care of your health and set a good example for our children. Your health is worth a lot more than \$27 so please read the following page to take the first step.

[>>>>> Read This Page <<<<<<](#)

You've heard us talk a lot about the Dumbbell Routines & Exercises eBook. What exactly does it include? What are the chapters about? Questions like these are all answered in the review below written by a happy customer named Courtney Desrosiers.

## Dumbbell Routines & Exercises – The Review

Dumbbell Routines and Exercises That Really Work is exactly what you want if you are looking for an informative, easy-to-follow comprehensive education on how to properly get started training with dumbbells. This 89-page e-book really delivers, covering everything you need to know including equipment, training and safety, exercise routines and groups, dumbbell exercises, stretching, and more. It even includes suggested routines. The information is provided in an easy-to-read style that tells you everything you need to know without being condescending or too overly-simplified.

The **first sections** of the book-parts one and two-focus on giving the reader a good overview about a variety of types of exercise, the different kinds of dumbbells available and descriptions of various sorts of exercise equipment. All of the equipment descriptions emphasize things that you would want to include as part of a home gym.

The **next section**, Training and Safety Tips, is one of my favorites in the book. No matter how experienced and knowledgeable you think you may be there is a lot of

worthwhile information that can benefit any reader packed into these five pages. It not only gives you an overview of the basic "do's and don'ts," but goes beyond that and covers coping with stress and the importance of cooling down as well. This section is wrapped up with an excellent list of 22 training tips that provide valuable information for exercise enthusiasts at any level-beginner, intermediate or advanced.

**Part four**, Exercise Routines and Groups, is the precursor to the next four sections, which are really the heart and soul of the book-the exercises. This segment of the book basically lists the different dumbbell exercises described in detail further on, breaking them down by muscle groups. It does the same for the stretching, abdominal and stability ball exercises detailed in later sections.



**Section five**, Dumbbell Exercise Descriptions, explains in easy-to-understand concepts, exactly how to perform each exercise properly. The descriptions are concise yet thorough and include clear photos of each exercise. Every aspect of the exercise is covered-hand and body positions, the movements from start to finish, along with anything else that you might need to know in order to perform the exercise properly. I particularly like the way that the instructions include useful tips about maximizing effectiveness and how to avoid pain and/or injury.

The dumbbell exercise section starts out with four exercises for the chest and then moves on to six different shoulder exercises. In the shoulders section, the explanations about the difference between the anterior (front) deltoid, middle/outer deltoid and rear deltoid are useful and a good inclusion-too many exercise books assume prior knowledge about our bodies and muscle groups. The rest of the section gives a really nice variety of dumbbell exercises for the back, biceps, triceps, legs, forearms and abdominal muscles.

**Part six** is dedicated to stretching exercises-an important element of a well-balanced healthy routine that is too often overlooked by far too many fitness enthusiasts. The section starts out with a nice, informative explanation about the importance of stretching-what happens to our bodies, why it's necessary to stretch, and more. This is followed by clear explanations of ten stretching exercises that cover all of the major muscle groups. The directions are easy to understand and accompanied by helpful photos.

**Section seven** gives a nice run through of more than a dozen different abdominal exercises to strengthen the body's core. The exercises range from the very simple-for the beginner-to more the more advanced levels for intermediate and advanced skill levels.

Next up is a very well-written section on the gym (or Swiss) ball. This innocuous but very effective piece of equipment is under-utilized or overlooked entirely by lots of people who could really benefit from its use. This versatile gem can be incorporated into training routines for just about any body part and can be used with just body weight or with dumbbells. A key advantage of gym balls is that they require you use multiple muscle groups to perform the exercises. They're also great for improving coordination, balance and posture.

The **last part of the book** is focused entirely on presenting a variety of exercise routines. Beginner, intermediate and advanced routines are included. The routines start out with full-body workouts in each session for beginners, moving on up to upper/lower body in the intermediate routines and separating them out even further in the advanced routines.

There is a lot of misinformation and plenty of hype in the fitness world. Dumbbell Routines and Exercises That Really Work stands out from the crowd as a solid source of reliable, practical, and safe information for those who seek it. It is an excellent training resource for anyone looking to start getting fit or get back into the training groove.

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**[Dumbbell Routines & Exercises eBook - Click Here](#)**

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*"Dumbbell Exercises and Lifting Routines To Help You Gain More Muscle, Lose Weight, or Just Get Yourself in Better Physical Shape... WITHOUT the Hassles, and Expenses of Health Clubs"*

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## Success Stories

*Just want to say how much I enjoyed the book. I'd been meaning to start working out again after a five year absence but was embarrassed to get back to the gym. I'd packed on a few pounds and never much about proper use of gym equipment to begin with so my nervousness was a big hurdle.*

*After reading the book I bought a set of dumbbells and started following the routines in the book. Wow-I can't tell you how happy I am (my wife too!) with the results. I've dropped nearly 12 pounds in just over three months and I feel great!*

**-Leo Gomez, 38, Miami**

*I've got three kids under the age of four at home. And even though I really loved going before I had the kids, it's almost impossible for me to go the gym. I already had a set of dumbbells at home. I just needed to learn how to make the most of them-the book helped me to do exactly that. Now when I put the boys down for their naps I work out, following the routines in the book. Not only do I look better but I'm way more relaxed than I was before too. My husband, my kids and I thank you for this great book!*

**- Elizabeth Arlington, 29, Cambridge, MASS.**

*I tore myself up in a motorcycle accident. Because of the injuries the doctor said no weight training in the gym was permitted. He did say though, that as the healing progressed, that I should start doing some light training with dumbbells. A buddy of mine gave me the book when about 2 ½ months after the accident. I followed the routines and suggestions to the letter and have got to say that I'm really glad I did. The doctor says my recovery is about three months ahead of schedule and I'm feeling good. My weight has stayed about the same and I've been able to keep most of the tone and definition that I had before the accident. Thanks to this book I look at dumbbells in a whole new way.*

**-Dante McCord, 29, Peoria, Illinois**

*I'm 68 years old. I walk for at least an hour every day and have always felt that I kept myself in pretty decent shape. The last couple of years though I've felt like I was just wasting away. With every passing month it seemed like I was losing more and more muscle mass-not that I had a lot to begin with, but I did want to hang on to what I had. I got your book and a set of lightweight dumbbells 7 ½ months ago and am thrilled with the change in my body. I'm a lot more toned than I was before, I'm not losing any more muscle and I feel better than I've felt in years. I've got a lot more energy and I've even noticed that I'm sleeping better at night.*

**- Ed Murray, 68, Phoenix, Arizona**

*I had really let myself get out of shape. I was 45 pounds overweight and was having all sorts of health problems because of it. A fellow patient at my doctor's office suggested this book. I'm glad I took his advice. For a guy like me with no experience at all, the book was perfect-the exercises are fully explained and easy to follow. I like the variety of routines and the way they progress from beginner to advanced skill levels. I'm six months into it and have lost about 20 pounds. I have way more self-confidence, feel ten times better than I did before and most of my health problems have either disappeared or really improved. I am definitely going to keep it up. Thanks!*

**-Kyle Oumedian, 42, St. Paul, MN**



## **Easy Dumbbell Routines**

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Improve Your Physical Fitness In  
90 Days - FIND OUT HOW!**

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