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Full body workout no weights pdf

Free-weight exercises have been proven to torch calories and build muscle, and they can be done at home or at the gym. There are a ton of dumbbell workouts that can tone your whole body in a short amount of time. If you can dedicate 30 to 45 minutes a day, you can get your whole body toned using the free weights you have laying around the house or buy some online that won't cost you an arm or a leg. If you're not making dumbbell exercises part of your weekly exercise plan, you could be missing out. Dumbbells are critical to total-body strength training. Most dumbbells fall within the range of 5 to 25 pounds, but if you belong to a gym, you can work your way up to 60-pound dumbbells or more. Moves for a total body workout Bench press This exercise will work your triceps, shoulder muscles, and pecs at the same time. Lie back on a bench or even a chair if you don't have a bench. Make sure you are balanced with your feet on the floor. Palms facing upward, extend your elbows as you press the weights above your chest until they are straight above your chest. Bring the weights back down just past shoulder level for one rep. Shoulder press with calf raise While the shoulder press focuses primarily on two parts of the deltoids, it also works your trapezius, triceps, rotator cuffs, and calves, giving you the definition you're looking for. Standing upright, hold a pair of dumbbells even with your shoulders, arms slightly bent, and your palms facing toward your body. Press upward and twist your wrists as you go so your palms face forward by the time you reach the top, lifting them over your shoulders until your arms are straight. At the top, lift onto your tip-toes and squeeze. That's one rep. Anna Shvets/Pexels Lunge This move works your large muscle groups like your quads, glutes, and calves. You can do this move either lunging forward or backward, keeping the dumbbells by your side or incorporating the move with a shoulder press (above). Step out from a standing position, hold the move, and step back. That's one rep. Deadlift Stand with feet hip-width apart and hold the dumbbells in front of your thighs. Tip from the hips and lower the weights toward the floor, skimming your thighs. Keep your back flat and shoulders back. This move works the glutes, back, hamstrings, and core. Squat with bicep curl Hold weights in each hand and stand with your feet hip-distance apart. Bend your knees and lower into a squat, knees behind the toes, squatting as low as you can and squeezing your butt. As you stand, curl the dumbbells toward your biceps. That's one rep. Pushup plank and row The pushup plank and row targets the chest, shoulders, triceps, back, and core. Holding a dumbbell in both hands in a pushup position, do a regular pushup. Once you finish in a plank position, pull the right weight up into a single-arm row. Repeat on the other side. That's one rep. Photo by Andrea Piacquadio/Pexels Why dumbbells? Dumbbells typically offer a better range of motion than barbells, so you can build more strength and see results quicker. It's always best to start low and work your way up if you want to avoid injury or excessive soreness. Trust us. Plus, they are relatively inexpensive and can be transported from one place to another with ease. If you need more options or want fresh ideas, you can always go onto YouTube and search for free-weight workouts, or you can buy this guide and hang it wherever you workout. With all these exercises, make sure you squeeze at the top of the movement and aim for eight to 10 reps to start, working your way up to 12 to 15. Repeat the routine above two to three times, and before you know it, you'll see the results you've been looking for. Editors' Recommendations This no-equipment circuit makes it a breeze to squeeze a workout into your busy summer day. As the weather warms, it's easy to start slacking on your workouts—but fitting in exercise is worth it. So we're here to help with this body-weight routine that can be done in a small space (hello, tiny hotel room). "It involves strength and stability, and gets your heart rate up. Even better, it's a total body workout you can do in a short time frame," says Lauren Williams, who created the circuit and is a Health Advisory Board member and co-owner of Health Out Fitness and Lifestyle in Vancouver. Now get to it so you can enjoy that sunshine. Begin in a staggered stance with knees bent and your left foot in front of the right; bend right arm forward and extend left arm back (A). Swiftly jump up, switching legs in midair, like a scissor; simultaneously switch arms (B). Land softly, and repeat. Continue alternating without resting for 90 seconds, increasing speed and intensity every 30 seconds. RELATED: The Best Exercise to Tone Your Outer Hips INTERVAL 2 BEAST MODE LEG EXTENSIONS Start on all fours with wrists stacked under shoulders, knees under hips, and toes tucked; lift knees (A). Maintaining this position, reach your right heel up (B). Return to "A," and then do two more reps. Switch to your left side without dropping the knees; do three reps. Continue alternating for 60 seconds. RELATED: 5 Exercises to Tone Your Arms and Lift Your Butt at the Same Time INTERVAL 3 REVERSE LUNGE HOLD WITH KNEE TAPS Sit into both of your legs as if you are in Chair Pose, arms at sides (A). Reach your right leg behind you, coming into a reverse lunge; lower until right knee taps the ground. At the same time, raise arms straight up (B). Return to "A"; then repeat with the left leg. Continue alternating for 90 seconds. RELATED: This Inner Thigh Workout Will Transform Your Legs INTERVAL 4 SUPERMAN WITH 90/90 RETRACTION Lie face down with arms extended forward. Squeeze upper back and glutes to lift up arms, chest, feet, and legs (A). Maintaining this position, glide arms backward into a 90-degree angle, pulling elbows up and shoulder blades together (B). Return to "A"; then lower back down. Repeat for 60 seconds. INTERVAL 5 ALTERNATING NARROW AND WIDE PUSH-UPS Start in a high plank with hands directly under shoulders (A). Lower into a push-up, keeping elbows close to sides of body (B). Push back up to "A," and then move right hand out to side so that hands are wider than shoulder-width, centering torso over hands; lower into a push-up (C). Push back up; then return hands to "A." Repeat the narrow push-up again. Once you return to "A," move the left hand out to the side, with hands wider than shoulder-width apart and torso centered; lower into a push-up. Continue alternating for 90 seconds. RELATED: 1 Did 100 Push-Ups Every Day for Over a Year INTERVAL 6 SUPINE CORE EXTENSIONS Lie face up.Bring knees and elbows to midline of body to touch; lift head (A). Keeping core tight, extend legs and arms out, coming into a hollow hold with shoulders and legs lifted and tailbone tucked (B). Return to "A," and repeat. Continue for 60 seconds. RELATED: 5 Ab Exercises That Blast Belly Fat INTERVAL 7 SQUAT JUMPS + SINGLE-LEG SQUAT PATTERN Start with weight on left leg; right leg is off the ground and slightly behind you. Lower slowly, and with control, into a single-leg squat (A). Push back up to standing, and plant right foot down; immediately drop into a squat with hands at chest level (B). Jump up explosively as you swing arms back (C). Land softly, and then immediately repeat move on the right side. Continue for 90 seconds. RELATED: 3 Leg Stretches You Might Be Doing Wrong—and How to Fix Them INTERVAL 8 JUMPING JACK TO SWITCH LUNGES Stand tall with arms at your sides (A); do a jumping jack, raising your arms out to sides and over your head as you jump your feet out to slightly wider than shoulder-width apart (B). Without pausing, reverse motion back to "A," and then jump feet into a staggered stance with right foot in front of left; lower into a lunge (C). Jump up, switching legs in the air, this time landing with your left foot in front of right; lower into a lunge. Return to "A"; then repeat. Continue for 60 seconds. 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