













BANDS & DUMBBELLS

KEY POINTS

1. Dumbbells are individual hand weights that vary in weight (and size). Resistance bands are thick rubber training bands (with handles at the end) that vary in thickness and elasticity. Both allow you to select appropriate weight and/or resistance for each exercise.
2. Training with bands and/or dumbbells requires more balance than barbells or machines, and forces muscles to engage accordingly. Many people unknowingly have muscle imbalances, and therefore using these fitness tools can help increase strength and balance.
3. Bands and dumbbells can provide a great option when working on joint-isolation exercises (i.e. bicep curls), and when focusing on one arm or leg at a time to initiate strength gains.
4. Complete a metabolic warm-up before performing the workout below. Rest 30 seconds between sets, and 1 minute between circuit groups.

Example	Circuit	Exercise	Reps	Sets	Rest
	A1	Sumo Squat with Lateral Raise	15	3	30 sec.
	A2	Bench Press with Band or dumbbell	15	3	30 sec.
	A3	Bicycle Crunch	10 each side	3	30 sec.
1 minute rest					
	B1	Step-Ups with Dumbbells	15 each leg	3	30 sec.
	B2	Dumbbell Bent Over Row	15	3	30 sec.
	B3	Plank	60 sec.	3	30 sec.
1 minute rest					

	Circuit	Exercise	Reps	Sets	Rest
	C1	Dumbbell Forward Lunge	15 each leg	3	30 sec.
	C2	Fly with Band	15	3	30 sec.
	C3	Superman	15	3	30 sec.
1 minute rest					
	D1	Biceps Curl with Band	15	3	30 sec.
	D2	Dumbbell Lying Triceps Extension	15	3	30 sec.
	D3	Glute Bridge	60 sec.	3	30 sec.
Cool Down					