Dumbbell Upper Body Workout

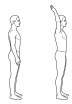
Press, row and raise with two dumbbells and the floor, no bench needed: chest, back, shoulders and arms in one balanced session.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Strength	Upper body	Intermediate	45 min	Dumbbells

WARM UP

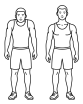
Once through, at an easy pace

Arm Circles



30 s

Shoulder Roll



10 reps

Scapular Push-Up



10 reps

Inchworm

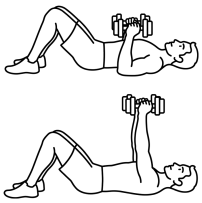


5 reps

MAIN

All sets of a move, then the next

1 Dumbbell Floor Press

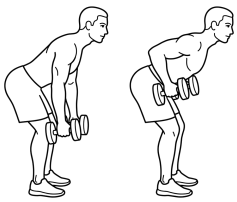


4 × 8-10

rest 90 s

Upper arms touch the floor softly, then press

2 Bent-Over Dumbbell Row

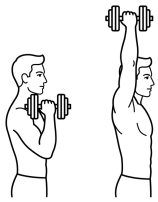


4 × 8-10

rest 90 s

Flat back, pull the elbows past the ribs

3 Standing Dumbbell Overhead Press

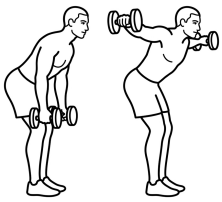


3 × 8-10

rest 75 s

Squeeze the glutes so the back does not arch

4 Dumbbell Rear Delt Fly



3 × 12

rest 45 s

Light weights, lead with the elbows

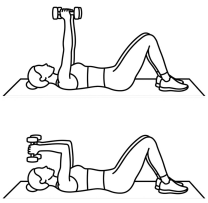
5 Dumbbell Hammer Curl



3 × 10

rest 45 s

6 Dumbbell Floor Skullcrusher



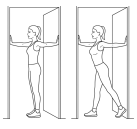
3 × 10

rest 45 s

COOL DOWN

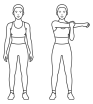
Once through, at an easy pace

Doorway Chest Stretch



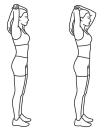
45 s

Cross-Body Shoulder Stretch



30 s
each side

Overhead Triceps Stretch



30 s
each side

Child's Pose



45 s