



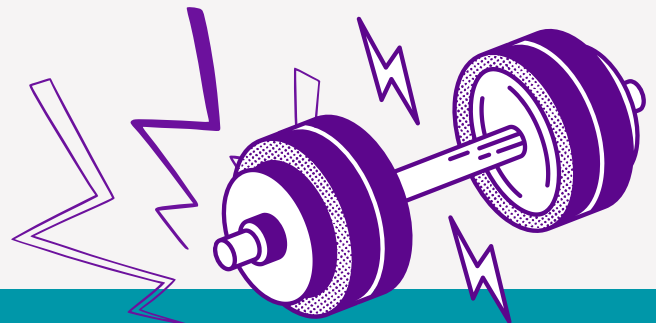
DUMBBELL TRAINING PROGRAM – 3X A WEEK

WEIGHTROOM, STUDIOS, CARDIO, AT HOME

Helpful Information

This is a four-week full body dumbbell strength training program focusing on progression to be done in the studio, weight room or cardio room.

- The program is set up to train **3 days a week**. Each week the exercises will stay the same, however, the weights and rep schemes will slightly change. This will allow for **progressive overload** – gradually increasing the stress placed on your body which will continuously improve your performance over time. By continually challenging your body with progressively more difficult workouts, you will see more gains in strength. This is accomplished by increasing weight, increasing repetitions or sets, or slowing down your movement. Generally, as weights are increased, the repetitions performed will decrease.
- **Rest and recovery days are important** in a strength training program. It is while the muscles are recovering, resting and repairing that they develop and get stronger. To get the most benefit out of this program, focus on recovery on the off days- getting **7-8 hours of sleep**, eating a **healthy diet** with protein at each meal, easy walking **7000-8000 steps a day** and incorporating **mobility, stretching or yoga**.
- **Keep a workout journal** in a notebook or on your phone. This will help you to track your weights, reps and progress over time.
- **Listen to your body!** If you are struggling with the prescribed weights and reps, it is all right to adjust to them and still work at a challenging level.
- When you have completed the 4-week cycle, you can **repeat** it increasing the weights and adjusting the reps as needed.
- Beginners can do **1-2 easy warmup sets** either bodyweight or light weight before doing 2-3 sets at your working weight
- If you have any questions about how to use or setup the equipment, please **scan the QR code** for help





DAY 2

REST AND WALK



DAY 3

WARM UP

- **3-5 minutes cardio** of choice on either the treadmill, spin bike, ski erg or rowing machine.
- Follow that with some **dynamic stretching/movement**
[Click for Video - Dynamic Warm Up](#)

WORKOUT

- **DB Romanian Deadlift** 10 reps x 3 sets
[Click for Video - DB Romanian Deadlift](#)
- **DB Chest Press - Flat** 10 reps x 3 sets
[Click for Video - DB Chest Press](#)
- **DB Split Squat** 10 reps/leg x 3 sets
[Click for Video - DB Split Squat](#)
- **DB Rear Delt Fly – Chest Supported** 10 reps x 3 sets
[Click for Video - Chest Supported DB Flies](#)
- **Elbow Plank** 5-30seconds x 3-4 sets
[Click for Video - Elbow Plank](#)

DAY 4

REST AND WALK



**IF YOU'D LIKE A TRAINER TO GUIDE
YOU THROUGH THIS WORKOUT**
CONTACT US AT 416-675-6622 EXT 3434

DAY 5

WARM UP

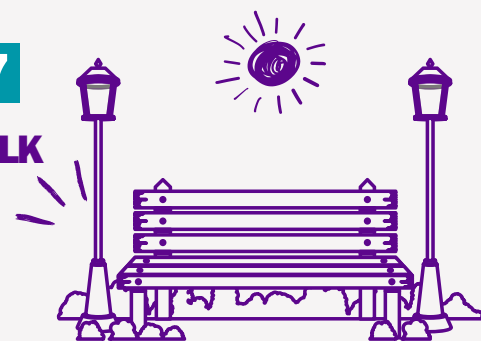
- **3-5 minutes cardio** of choice on either the treadmill, spin bike, ski erg or rowing machine.
- Follow that with some **dynamic stretching/movement**
[Click for Video - Dynamic Warm Up](#)

WORKOUT

- **DB Goblet Squat** 10 reps x 3 sets
[Click for Video - Goblet Squat](#)
- **DB Chest Supported Row** 10 reps x 3 sets
[Click for Video - Chest Supported Row](#)
- **Push-up** 10 reps x 3 sets (elevate hands as needed)
[Click for Video - Push-up](#)
- **DB Single Leg Romanian Deadlift** 10 reps x 3 sets
[Click for Video - Single Leg RDL](#)
- **Leg lower with hip lift 30 seconds work:** 30 seconds rest x 3-4 sets (bend knees & tap heels on floor if it bothers your back)
[Click for Video - Leg Lower with Hip Lift](#)

DAY 6 & 7

REST AND WALK



DISCLAIMER:

Before embarking on any fitness program, we prioritize your wellbeing. We kindly request that you consult with your physician or healthcare provider to ensure that the program is suitable for you, especially if:

- You or a family member has a history of heart disease or high blood pressure
- You have ever experienced chest pain when exercising or in the last month when inactive
- You are a smoker, have high cholesterol, are obese, or have bone or joint problems that could be aggravated by physical activity.

In case your physician or healthcare provider advises against starting a fitness program, we recommend following their guidance. If you experience dizziness, pain or shortness of breath during exercise, please stop immediately and consult with your doctor.