**Eight At Home Dumbbell Workouts**

**Dumbbell Workout #1**

Workout Format:

Every Minute On the Minute (EMOM) – In this workout format, you will do one exercise at the beginning of every minute for a set amount of time or reps. Once you finish the first exercise, you do a filler exercise until the next minute begins!

Video Link:

<https://vimeo.com/399337582/0212d68ccd>

Workout Description:

Length of Round: 2 Minutes

Total Rounds Through: 2

Exercises

1A Upper Push - SA Chest Press (15/15)

1B Prone Core - Renegade Row

2A Upper Pull - Bilateral Stance Alt Row (15/15)

2B Cardio - 10 Bicycles 10 High Knees (no hands)

3A Upper Pull - Alt. Bicep Curl (15t)

3B Supine Core - Star Crunch

4A Lower Pull - SL Glute Bridge (15/15)

4B Cardio - 10 Quick Feet to 1 TBE Jump

5A Upper Push - 1/2 Kneeling SA OHP (15/15)

5B Supine Core - 1/2 DB Rocker or Hold

Finisher - Thunderstruck High Knees and Burpees (Start song from beginning)

**Dumbbell Workout #2**

Workout Format:

*A Conveyor* – In this workout format, you will do *one exercise, one time* before moving on to the next exercise. But don’t be fooled, you will go through all exercises several times!

Video Link:

<https://vimeo.com/399937194/f0f1c40904>

Workout Description:

30 Seconds of Work

12 Seconds of Rest

3 Total Rounds

Exercises

1. Upper Pull - DB quad SA Y, T, A
2. Tall Kneeling Core - DB alt diagonal raises
3. Cardio - 10 Lat LS to 2 burpees
4. Lower Pull - 2-DB Hinge + rotating curl
5. Upper Push - Bridge 2DB pullover to skull crusher
6. Supine Core - weighted boat pose
7. Cardio - Ali Shuffle
8. Upper Pull - 2-DB Bilateral Alt. bent row (top down)
9. Prone Core - DB Plank pull through
10. Cardio - Seal Jack

Filler (After each round of 10)

20 seconds of crunches, 20 seconds of starjacks, 20 seconds of burpees

Finisher

30 seconds of crunches, 30 seconds of starjacks, 30 seconds of burpees

**Dumbbell Workout #3**

Workout Format:

Every Minute On the Minute (EMOM) – In this workout format, you will do one exercise at the beginning of every minute for a set amount of time or reps. Once you finish the first exercise, you do a filler exercise until the next minute begins!

Video Link:

<https://vimeo.com/399943163/e5b7f518a4>

Workout Description:

Length of Round: 4 Minutes

Total Rounds: 1

Exercises

Station 1:

1. 10 DB RDL
2. Richard Simmons

Station 2:

1. 10 quadruped DB row
2. Mini crunch hold

Station 3:

1. 10 split stance DB shoulder press
2. Alternating ½ deadbug

Station 4:

1. 10 supine tricep extensions
2. Opposite deadbug hand/knee smash

Station 5:

1. TK DB bicep curl
2. 5 high knees -> 5 front to back speed skaters

Finisher: 1 min sphinx push-up AMRAP

**Dumbbell Workout #4**

Workout Format:

Standard (ABCABCABC) – In this workout format, you will be doing three exercises in a row, three times in a row, before moving onto the next three exercise grouping.

Video Link:

<https://vimeo.com/399949199/7dc10a07d6>

Workout Description:

36 Seconds of Work

12 Seconds of Rest

1A – DB Quadraped Row

1B – DB Split Squat

1C – 3s Slow Bicycle Crunch

2A – 2DB Alternating Overhead Press

2B – 2DB Hinge

2C – Horizontal Push Press Jack

3A – DB Wall Sit + Bicep Curl

3B – DB Single Arm Chest Press

3C – Starfish Crunch

**Dumbbell Workout #5**

Workout Format:

*As Many Rounds As Possible (AMRAP)* - In an AMRAP format, you are performing as many rotations through the 2 to 4 exercises per round. This format is great for improving endurance and focusing on fat burning!

Video Link:

<https://vimeo.com/399964234/fa939f4d7a>

Workout Description:

Length of Round: 3 Rounds

1A Upper Push – Single Arm db chest press (4:2:X)

1B Upper Pull – Single Arm Db row (4:2:X)

1C Cardio - Step back lunge to a kick

1D Supine Core. -Db crunch transfer

2A Lower Pull - Db SL RDL (4:2:X)

2B Cardio - Jump squats

2C Upper Pull - Db pullover (4:2:X)

2D Prone Core Plank

3A Upper Pull Db SA bicep curl (4:2:X)

3B Lower Push Db lunge complex

3C Supine Core - Bicycles

3D Upper Push - Db skull crusher (4:2:X)

**Dumbbell Workout #6**

Workout Emphasis:

*A Conveyor* – In this workout format, you will do *one exercise, one time* before moving on to the next exercise. But don’t be fooled, you will go through all exercises several times!

Video Link:

<https://vimeo.com/399970065/f1316bfb1f>

Workout Description:

* 1. Upper Pull - 2DB bilat stance row
  2. Tall Kneeling Core - 1 DB front raise
  3. Cardio - Cardio combo 2.0
  4. Lower Pull - 2db kickstand RDL
  5. Upper Push - 2DB arnold press
  6. Supine Core - DB mini crunch
  7. Cardio - Fast feet to pivot
  8. Upper Pull - Wide bicep curl
  9. Prone Core - Alt. Cross body knee drive plank
  10. Cardio - 5 Low pogo 5 High pogo

**Dumbbell Workout #7**

Workout Emphasis:

Standard (ABCABCABC) – In this workout format, you will be doing three exercises in a row, three times in a row, before moving onto the next three exercise grouping.

Video Link:

<https://vimeo.com/399975527/06d9fbac07>

Workout Description

35 Seconds of Work

10 Seconds of Rest

Exercises

1A Upper Pull - Split stance 1db bent row

1B Lower Push - 1db goblet squat

1C Supine Core - Opposite knee rap crunch

2A Upper Push - 2db seesaw chest press

2B Lower Pull - 1db at ribs hip hinge

2C Cardio - 4 lateral line sprints to a thigh slap

3A Upper Pull - Mod. Renegade row

3B Upper Push - 1 dB 1/2 kneel overhead press

3C Supine Core - DB sky reach

**Dumbbell Workout #8**

Workout Description:

*As Many Rounds As Possible (AMRAP)* - In an AMRAP format, you are performing as many rotations through the 2 to 4 exercises per round. This format is great for improving endurance and focusing on fat burning!

Video Link:

<https://vimeo.com/399980041/658ec130a2>

Workout Description:

Length of each round: 3 Minutes and 30 Seconds

Number of total rounds: 2

Exercises

1A Upper Push - 12 Alt. chest press 3 sec. lower

1B Upper Pull - 12 Bent over supinated row

1C Cardio - 20 f/b ss

1D Supine Core - 20 Russian Twists

2A Lower Pull - 12 1.5 stance hinge

2B Cardio - 12 Thruster

2C Upper Pull - 12 Bicep Curls

2D Prone Core - 12 Renegade Row

3A Upper Pull - 12 Pull over

3B Lower Push - 12 Split squat pulses

3C Supine Core - 12 Deadbug leg lower

3D Upper Push - Squeeze chest press