hey everybody it's your personal trainer

coach Kozak here from HASFIT. And I'm

Claudia and this is our beginner weight

training routine this routine is great

for both men and women of a beginner

fitness level the only equipment

required for this workout is a pair of

dumbbells

now that weight of the dumbbells is

going to be totally determined by your

current fitness level

just remember it's much better to start

light and work your way up than the

other way around the only other

equipment that you may want for this

workout is a chair or a box for some of

the modified movements we're going to do

the whole thing with you ready to get

this thing going all right we're going

to start with either a dumbbell crusher

or a dumbbell t-row so if you want to do

the easier modified versions you go and

follow Claudia she's going to be using

one dumbbell I'm going to use two so

that's the main difference I'm going to

squeeze these together and I'm going to

pull back and Claudia is just going to

interlock her fingers and pull back

either way we're both pulling back on

our elbows keeping those elbows tucked

in nice and tight to the body pulling

back we're keeping our core tight and

straight and our upper body is on a 45

degree angle now we're not going to

count any repetitions today I just want

you to try to perform as many moves as

you can in allotted time period work at

your own pace but at the same time be

sure to push yourself because nobody

else can do it for you breathe nice work

keep it going pulling back on those

elbows keeping them tight to your body

in five four three two and one okay

we're going to go to the ground for the

next one it's going to be a combo

movement we're going to need both

weights for this one we're going to do a

hip up plus chest press we're going to

drive off our heels and at the same time

we're going to press the dumbbell

straight up and back down getting a lot

of different body parts worked in this

one so we're getting your hamstrings

your glutes your lower back your abs

chest shoulders triceps the list goes on

but it's a very efficient movement

getting a lot of work in in a short

period of time drive off those heels

squeeze the gluts up at the top try your

best not to hyperextend your back to

just come up until your upper body is in

this nice straight line and make sure

not to bounce your arms off the ground

either nice work breathe one right into

the next moving at a pace that you feel

comfortable with you got it

almost there let's go five more seconds

on this one and four three two one and

done okay we're on to our feet for the

next one need both weights again we're

going to either do a stiff leg deadlift

plus shrug or Claudia is going to show

you an RDL which stands for Romanian

deadlift I didn't make that up

plus shrug either way we're going to put

our weight back in our hips little bend

the knee I'm going to go all the way

down and I'm going to bring my hips

forward and shrug Claudia's just going

to come and bring her hands just below

her knees and then repeat that same

shrug so we're driving our hips

backwards all the way up hips forward

and then shrug bringing your shoulders

up to your ears feel that stretch in

your hamstrings if you're not feeling a

stretch in the back of your leg then I

want to make sure you are driving those

hips back just a little bend in those

knees and hips go back again another

combo movement this one we are getting

hamstrings glutes lower back and your

traps good and notice how both of us are

keeping our backs nice and straight on

this movement so we're not breaking that

straight line and hunching over but

keeping our back straight while we're

kicking those hips back you got it

almost done with this one five four

three two and last one zero nice okay so

we're going to move on to some shoulder

presses next

I'm gonna grab my box over here

Claudia's going to grab her box and I'm

going to do this one from a standing

position so from the box it's a little

easier standing a little harder standing

it forces me to use a little bit more

stability and a little bit more core but

overall very comparable movements you

decide which one is right for you if you

don't feel comfortable the overhead

quite yet grab a seat

full range of motion on this one all the

way up all the way down stay nice and

under control

you don't want to fling or swing the dumbbells

around keep your core tight this is a

strength training routine so we don't

want to I know you said work at your own

pace but we definitely don't want to

make this a cardio and just start

pumping out correct exactly reps if you are

using a weight that you can just do 100

reps in this 30-second time period then

you need to up the weight nice okay not much

time left on this one and five four

three two and one

nice all right shake those arms move this

out of the way and we're going to move

into a dumbbell curl so we're gonna hit

those biceps next working on the gun

show Claudia's got a gun show with her tank

top on tonight look at those guns anyway

just admiring my wife's guns okay so we're

going to do a curl both palms come up

we're going to curl those pinkies in on

the way up and then all the way back

down again this one's under control so

that means we're not swinging up and

flinging them back down right that defeats

the purpose but instead I feel that time

under tension feel those muscles

contracting all the way up and all the

way down you got it good Claudia's going to give

you a nice side view keep those

shoulders back and square mm-hmm you got

it we're breathing just 10 more seconds

left on this one fight through you got

it and three two one and zero alright moving

to the lower body Claudia is going to

grab her box or if you have a chair that

works as well if you want to do the

modified version I'm also going to lose

a dumbbell here

yeah exactly she's only gonna use

one weight good point so she's going to do

a goblet squat

you notice how she's holding the weight up

with two hands and I got a my thumbs out

I'm gonna do a dumbbell squat just

at my side so I'm going to be

able to get a little bit deeper than

doing the chair or box squat but either

way we're both bending at the hips first

driving those hips back and then coming

down until our hips are parallel to the

ground all the way up all the way down

and I'm just touching the chair and

coming right back up I'm not sitting not

resting exactly or bouncing that's the other thing right

correct I'll give you guys a side view here

squatting make sure you keep those knees

out don't allow them to break or

compress in nice work not much left on

this one I know your legs are probably

starting to feel it I didn't forget

about you we got five four three two and

one done okay we're going to move on to

a dumbbell tricep kickback we're gonna

hit those triceps next save movement

really just to mix up your weight

find what weight works for you on this

one so we're bent over our elbows are up

we're only going to bend at those elbows

not moving the whole arm keep your core

tight and at the top you're squeezing

that back of the arm

squeezing your triceps up at the top

nice work

notice we're using that elbow as a lever

so we're not moving that upper arm just

bend at the elbow so what I mean by that is

you're not going here right no swinging

no swinging because now all of a sudden

all the other muscles are taking over we

just want to isolate the triceps on this

one you got it ten more seconds that's

it guys are doing great

thank you so much for joining us today

and for all of your hard work and three

two one and done okay we're going to the

ground losing my weights Claudia's going to

lose her weights I'm going to keep mine

though we're going to do a dumbbell

reach crunch so from a crunch position

we're going to our feet on the ground

we're going to reach up to the ceiling

we're bringing our shoulder blades off the

ground

and come back down so we are contracting

the ABS up at the top reaching up big

and high you see I'm using my weights

making it more difficult Claudia she's

just using her body weight you could

also just use one weight if you wanted to

that's right so again it's all about making

this your own coming back repeating it

getting a little bit better every single

time and that's how we improve that

consistency

nice work reaching up don't bounce off

the ground stay under control you got it

nice work nice work we got 10 more

seconds on this one feeling those ABS

start to work that's a good thing that's

the feeling of improvement right there

and three two one and zero okay we're

going to rest that's the end of the

first round we got one more to go

all right so it's a quick 20 second

break that doesn't give you much time if

you want feel free to grab some water

shake it loose take a couple deep

breaths we're going to get right back

into it all right so we got ten seconds

I'm going to grab my dumbbells we're

getting ready we're starting with the

row we're gonna I'm doing my crusher row

Claudia's doing her T row and here we go

we're pulling back at those elbows

keeping our core nice and tight and if

you're wondering why we didn't take a

longer break even though we're beginners

that's because the workout specifically

designed to allow some muscles to rest

while others are working so right now

our backs working but at the same time

our chest may be resting allows us to

get a lot done in a short period of time

again pulling back on those elbows

anytime you're doing a row you want it to

be like you have a string attached to

your elbows and you're just pulling back

on it just be sure to keep that core

tight also exactly you don't want your

back getting loose or allowing your abs

to relax

almost there on this one let's go five

four three two

and one all right going to the ground

you need both weights for this next one

doing that hip up plus chest press so

we're driving off the heels and

squeezing our glutes and pressing up at

the same time nice work and again on any

of these don't feel like you have to use

the same weight for all of them feel

free to adjust the weight as you go through

it start with your best guesss but don't

just keep the weight if

you're not able to complete the reps in

a safe manner or the other way if it's

not challenging you make sure to up the

weight so you can get that full benefit

nice work driving off the heels pressing

straight up keep it up guys almost there

and five four three two one zero

we're up on our feet and try to keep the

pace up a little bit faster for the

second round because we know what we're

doing we're going to stiff leg deadlift

or RDL plus shrug kick back

right below your knees pop em and shrug taking

the weight back on our hips feeling that

stretch and up and shrug nice work this

one really hits that whole posterior

chain so important I always say in your

front are the show muscles in the back

are the go muscles basically means all

your power and real athleticism comes

from your backside come on keep it up

you got it nice work not many left let's

go five more seconds that's it and four

three two one and zero finishing strong

okay grab your seat if you got one so if

you're doing your shoulder press

seated feel free to grab it otherwise

kicking them up getting right into it

bring those dumbbells down to about in

line with your ears maybe just a little

bit lower really depends on your

flexibility and what feels comfortable

don't take it to a place it feels

awkward with your

shoulders nice work core stays tight

doesn't matter either one whichever one

you're doing still stays tight

nice work this is about that point in

the workout where you start to really

feel it it starts to kick in and it

becomes all mental right now not even

physical it's all up in your head it's

all that mental toughness and grip

that's going to keep you moving and

fighting through rep by Rep let's go

come on and five four three two one zero

ahh all right feeling good moving on to

a dumbbell curl so we're hitting the

biceps next let's get it both curling at

the same time

curling those pinkies in there we go

arms are starting to get

a little bit of lactic acid built up in

them remember you don't have to listen

to that that's just a pain signal but

the muscles got plenty left you got this

come on

driving through curl those pinkies in

shoulders are back nice work one right

into the next using good form not swinging the

weights not getting a bunch of momentum

involved almost there let's go five more

seconds that's it and four three two one

zero

all right all right we're moving on to

either a dumbbell squat or a dumbbell

goblet squat from the chair I'll clean

that name up later okay so we're

going into our squats weights back on

our hips making sure to break at the

hips every time because if you don't

what happens is you bend at the knees

first and you end up here and then

you're like oh man my knees hurt hips

back then squat that's the key keep

those feet flat drive off the heels nice

work you got it every squat you do

you're going to get that much better at

it nobody starts great at these I

promise you it's work putting in the

work right here and you will see the

results I promise you come back repeat

it get better that's what it's all about

thank you so much for your hard work

today

nice work good we got it let's go five

four three two one

and done okay we're going back to the

upper body remember I said while one body

parts resting the others working so now

we're going to the upper body dumbbell

tricep kickbacks elbows are up only

bend at those elbows extend and squeeze

that back of the arm squeeze those

triceps nice work guys come on keep it

up one into the next this is it right

here we don't have much left we got what

about up one more exercise one

more after this one guys that's it

fighting through it's all mental

remember focus on your goals focus on

what brought you here what motivates you

and get there breathe let's go and five

four three two one and done okay we're

going to finish up with some ABS it

means we're going to the ground I'm

gonna keep one Claudia's gonna keep one

this time two hands on one she'll go

and we're going to go right into those

reach crunches reaching up to the

ceiling squeeze in those ABS up at the

top you got it breathe

remember this is it right here what are

you saving it for don't save anything

put it all out there right now right

here right now let's go nice work nice

work not much left more than halfway

done with this one already here we go

rep by Rep getting closer to the end closer to

that finish line almost there

come on now in five four three two one

zero nice work we are done