



**BUILT WITH SCIENCE™**

**BEGINNER PHASE 1**

**MALE**

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# **HOME**

## **DUMBBELL WORKOUT**



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# WORKOUT ROUTINE OVERVIEW

This full body dumbbell workout routine is designed to be performed 3 times a week to train all of your muscles in a proportionate manner. See below for an example schedule:

Day	Workout
Monday	Workout A
Tuesday	Rest
Wednesday	Workout B
Thursday	Rest
Friday	Workout A
Saturday & Sunday	Rest
Monday	Workout B
Tuesday	Rest
Wednesday	Workout A
Thursday	Rest
Friday	Workout B

The exact days don't matter for your workouts, but the key is to get at least one rest day in between each workout, getting 3 workouts in per week, and alternate between workouts A and B. Abs and/or cardio exercises can be thrown into the main workouts as well, or performed on rest days.

Feel free to mix and match with other exercises from your main BWS program, as well as the resistance band and bodyweight programs you've been provided in order to best suit your needs and your equipment availability. Please ensure that you always do your standard warm-up routine before performing this workout, which you can find in your main BWS program.



# PHASE 1 WORKOUTS: DUMBBELL SERIES

## WORKOUT A:

Exercise	Sets	Reps	Rest (min)	Notes
Flat Dumbbell Press OR Floor Dumbbell Press	3	8-15	2	Use a flat bench, keep shoulder blades retracted and chest sticking out, don't flare elbows. If you don't have access to a bench, perform these on the floor.
Dumbbell Paused Goblet Squat	4	8-15	2-3	Hold dumbbell at chest, squat down to at least parallel, pause at bottom of each rep for 2-3 seconds.
Chest-Supported Dumbbell Row With External Rotation*	3	8-15	2	Lay on incline bench, pull with elbows, squeeze shoulder-blades together, turn wrists out at end position.
Dumbbell Lateral Raises	3	8-15	1.5-2	Lean torso forward, raise dumbbells out to sides while twisting thumbs up slightly towards ceiling.
Single Leg Weighted Calf Raise	3	8-15	1-1.5	Stand on elevated platform, hold weighted bag/object in one hand and other hand on a fixture for support.

\*\* perform some movement but standing and bent-over instead if bench isn't available.

# PHASE 1 WORKOUTS: DUMBBELL SERIES

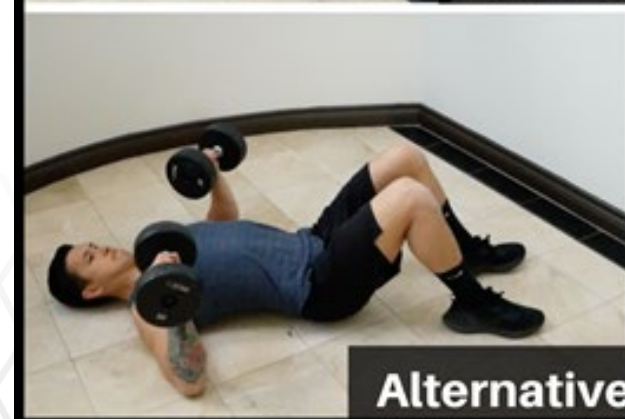
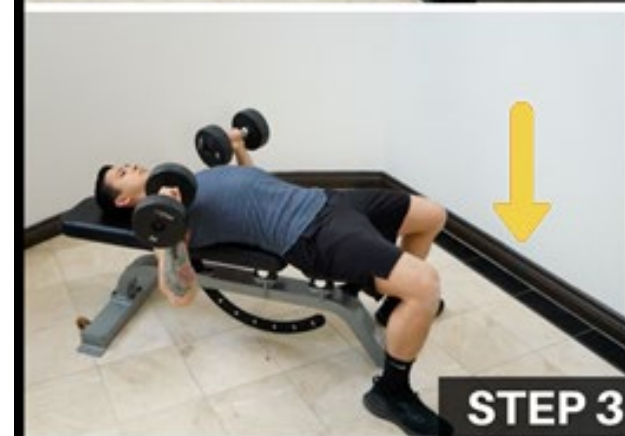
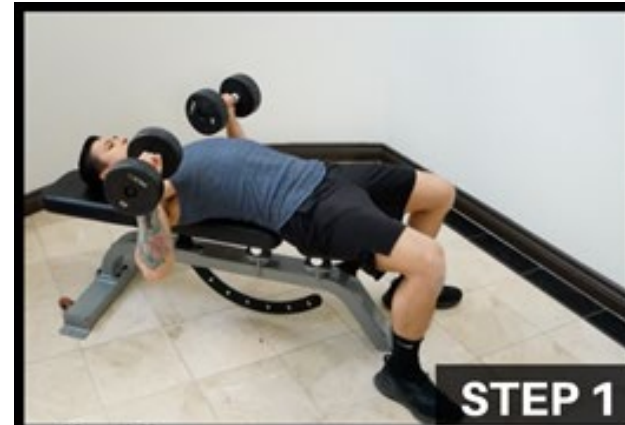
## EXERCISE 1: Flat Dumbbell Press

**Step 1 (Setup):** Sit on a flat bench with both dumbbells on your thighs. Kick up one dumbbell at a time so that you can get them into the starting position. Then, stick your chest up towards the ceiling and pinch your shoulder blades together, creating an arch in your upper back. There should be a space between your back and the bench as a result of this. You need to maintain this position throughout the lift.

**Step 2 (Press):** Press up by thinking about “squeezing your biceps together” to better activate your chest. Ensure your shoulder-blades remain retracted and tight. Keep your elbows slightly tucked as you press, and press up until the dumbbells almost touch.

**Step 3 (Descent):** Slowly lower the weight until the end of the dumbbells just about touch your chest. Make sure your shoulder blades are retracted and chest still up and out before performing another rep.

**Alternative:** If a bench is unavailable, you can perform the floor dumbbell press instead by performing the same movement but on the floor.





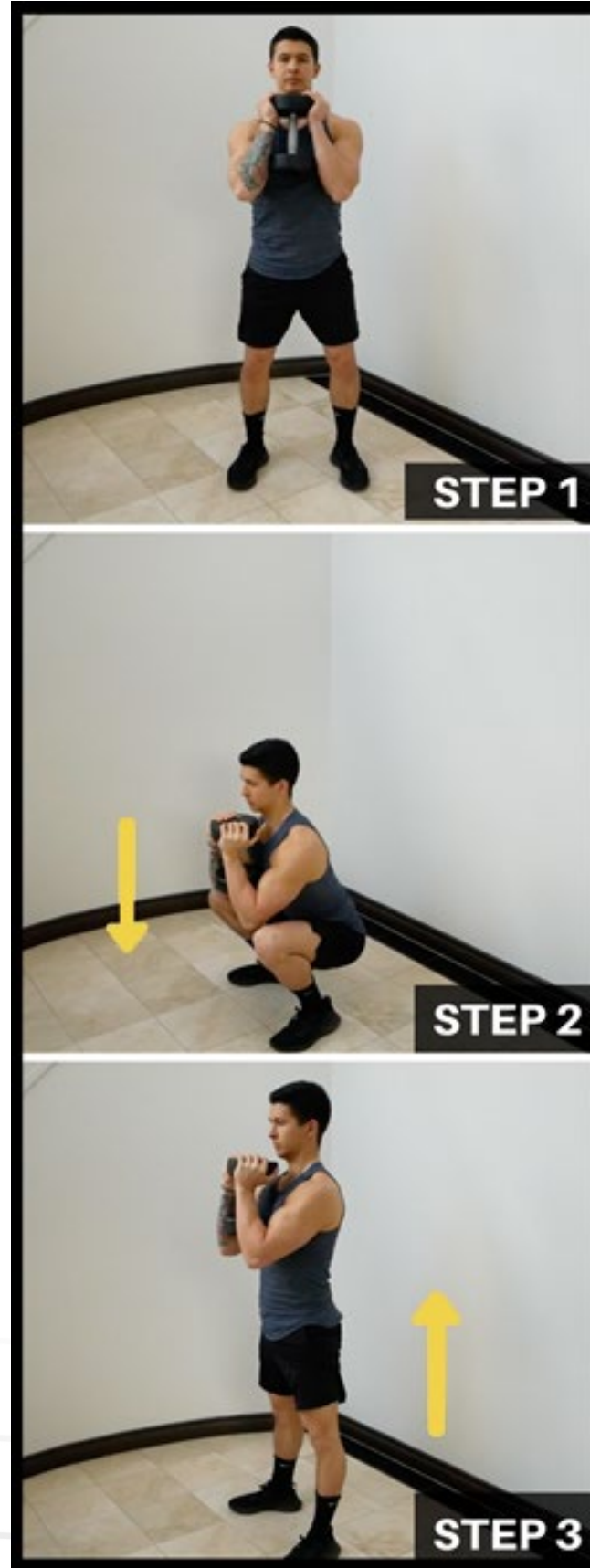
# PHASE 1 WORKOUTS: DUMBBELL SERIES

## EXERCISE 2: Dumbbell Paused Goblet Squat

**Step 1 (Setup):** Grab a dumbbell and hold it underhand at chest height. If you have a kettlebell, you can use that instead and hold it upside down. Use a foot stance that you'd typically use for squats, but experiment with what stance is most comfortable for you. Typically, just outside shoulder width with the toes pointed out slightly is comfortable for most.

**Step 2 (Descent):** Engage your core and squat down by simultaneously bending your knees and pushing your hips backwards until your thighs become at least parallel to the ground. Pause at the bottom position for 2-3 seconds while maintaining the tension in your core and legs.

**Step 3 (Ascent):** Push back up by using your quads and glutes to fully extend your legs back to the starting position.



# PHASE 1 WORKOUTS: DUMBBELL SERIES

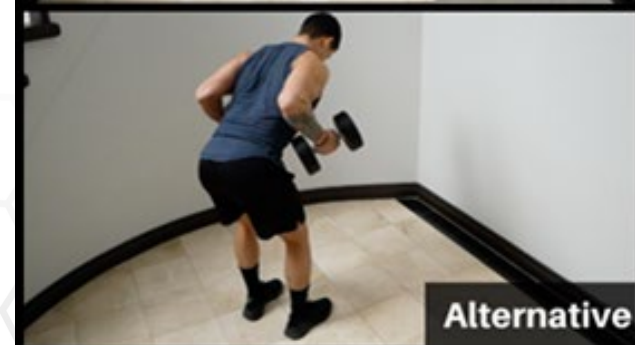
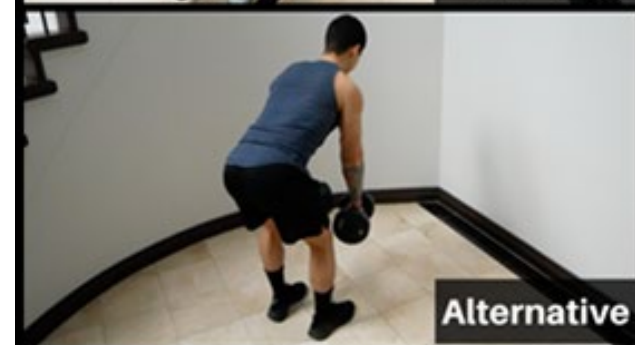
## EXERCISE 3: Chest Supported Row with External Rotation

**Step 1 (Setup):** Set up an incline bench to roughly 30 degrees. Lay on the bench on your stomach, extend your legs back, and keep your feet planted on the ground.

**Step 2 (Raise):** Grab the dumbbells in each hand and lift the dumbbells up with your elbows angled out from your body at about a 45-degree angle. As you raise the dumbbells, externally rotate your shoulders by twisting your thumbs outwards to better target the rear delts.

**Step 3 (Descend):** Lower the dumbbells until your arms fully straighten, and then repeat the movement.

**Alternative:** If a bench is unavailable, perform the same movement but standing and bent-over at roughly a 45-degree angle.





# PHASE 1 WORKOUTS: DUMBBELL SERIES

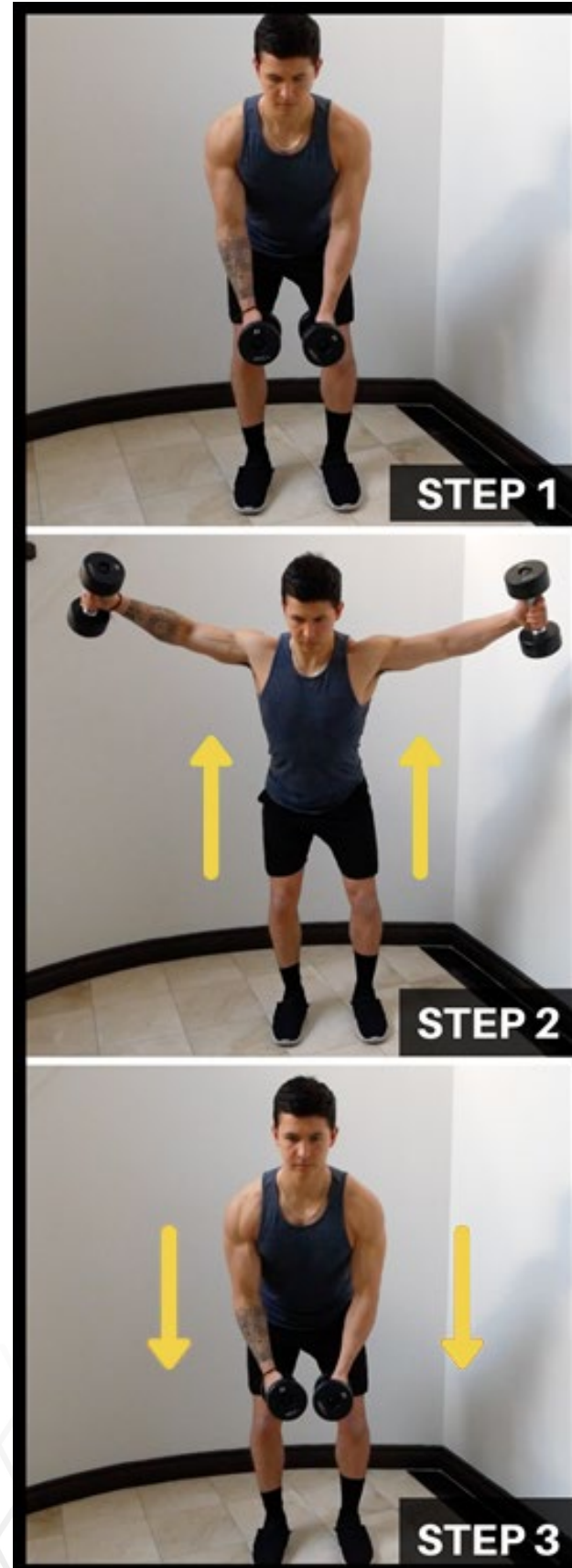
## EXERCISE 4: Dumbbell Lateral Raises

**Step 1 (Setup):** Grab a dumbbell in each hand with an overhand grip, then slightly lean forward by slightly bending your knees and bringing your hips back.

**Step 2 (Raise):** Raise both dumbbells out to the side until they reach about shoulder-height. But raise the dumbbells such that your shoulders are slightly externally rotated (such that your thumbs are pointed slightly towards the ceiling). Think about raising the weight “out” towards your sides as much as possible opposed to “up”. Avoid using momentum to swing the weight up.

**Step 3 (Descend):** Control the weight down to the starting position and repeat

**Optional:** You can perform these while lying on an incline bench instead – but use the same pointers previously described.





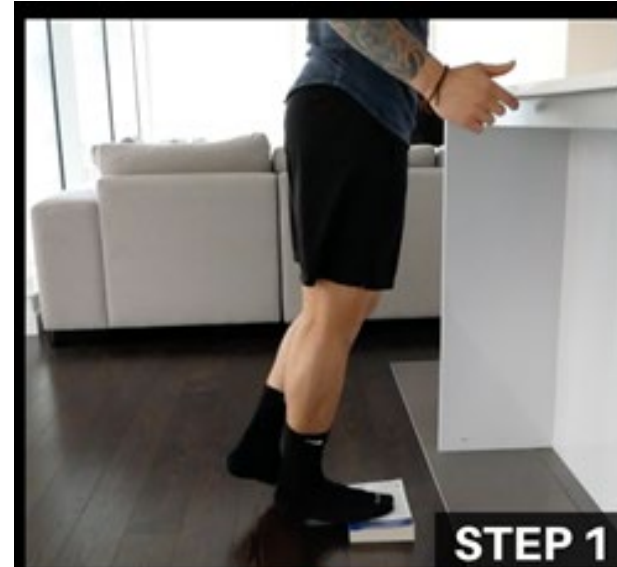
# PHASE 1 WORKOUTS: DUMBBELL SERIES

## EXERCISE 5: Single Leg Weighted Calf Raise

**Step 1 (Setup):** Stand with the toes of one foot on an elevated platform and a weight held in the opposite hand. Ideally, you should be holding onto something for balance with your free hand. Start with your heel touching the floor.

**Step 2 (Raise):** By using your calves, lift directly straight up on your toes as high as possible. Pause for half a second at the top position.

**Step 3 (Descent):** Slowly lower your heel back down to the ground. Pause for half a second at the bottom position before performing another rep. If adding weight is too difficult for you, perform them with just your bodyweight until you gain the calf strength to add weight.



# PHASE 1 WORKOUTS: DUMBBELL SERIES

## WORKOUT B:

Exercise	Sets	Reps	Rest (min)	Notes
Incline Dumbbell Press OR Reverse Grip Dumbbell Press	3	8-15	2	Keep shoulder blades retracted & chest sticking out, keep elbows tucked. If incline bench unavailable, switch to flat/floor reverse grip dumbbell presses instead.
Dumbbell Romanian Deadlift	4	8-15	2	Hold dumbbells at sides, bend at hips to lower dumbbells to shin level, slight bend at knees, pull up with hamstrings, avoid rounding back.
Standing Dumbbell Shoulder Press	3	8-15	2	Press in a straight line overhead, keep core engaged, squeeze glutes, avoid flaring elbows out to sides.
Dumbbell Pullovers*	3	8-15	2	Lay upper back on bench, reach arms back, pull with lats. Perform on floor if bench is unavailable.
Dumbbell Face Pulls	4	8-15	1-1.5	Lay on incline bench, raise arms up to make a "W" shape. If you don't have incline bench access, perform standing and bent-over OR perform the band alternative.

\* If you have access to a pull up bar, perform pull ups instead



# PHASE 1 WORKOUTS: DUMBBELL SERIES

## EXERCISE 1: Incline Dumbbell Press

**Step 1 (Setup):** Set up an incline bench so that it's at roughly a 15 to 30-degree angle (experiment with it). Kick up one dumbbell at a time so that you can get them into the starting position. Then, stick your chest up towards the ceiling and pinch your shoulder blades together, creating an arch in your upper back. There should be a space between your back and the bench as a result of this. You need to maintain this position throughout the lift.

**Step 2 (Press):** Press up by thinking about “squeezing your biceps together” to better activate your chest. Ensure your shoulder-blades remain retracted and tight. Keep your elbows slightly tucked towards your torso at a 45-degree angle as you press, and press up until the dumbbells almost touch.

**Step 3 (Descent):** Slowly lower the weight until the end of the dumbbells just about touch your chest. Make sure your shoulder blades are retracted and tight before performing another rep.

**Alternative:** If an incline bench is unavailable, you can perform reverse grip flat dumbbell presses instead. Here, you'll press the dumbbells up but with an underhand grip to still activate the upper chest.



# PHASE 1 WORKOUTS: DUMBBELL SERIES

## EXERCISE 2: Dumbbell Romanian Deadlift

**Step 1 (Setup):** Begin in a standing position with a dumbbell in each hand. Brace your core by contracting your abs.

**Step 2 (Descent):** Initiate the movement by bending at your hips by slowly pushing your butt out. Your knees should only partially bend as you do so and the weight should remain in the heels of your feet. You should feel tension in your hamstrings as your hands approach knee level. Go as low as your flexibility allows. Your back should remain straight throughout the movement, so stop right before your back begins to round due to lack of hamstring flexibility, which will vary for everyone but is generally around shin level.

**Step 3 (Ascent):** Ascend back to the starting position by driving/pushing the hips forward while straightening your knees. Again, the back should remain straight and you should feel the tension in your hamstrings and glutes as you raise the weight back up. Repeat for the desired number of repetitions.





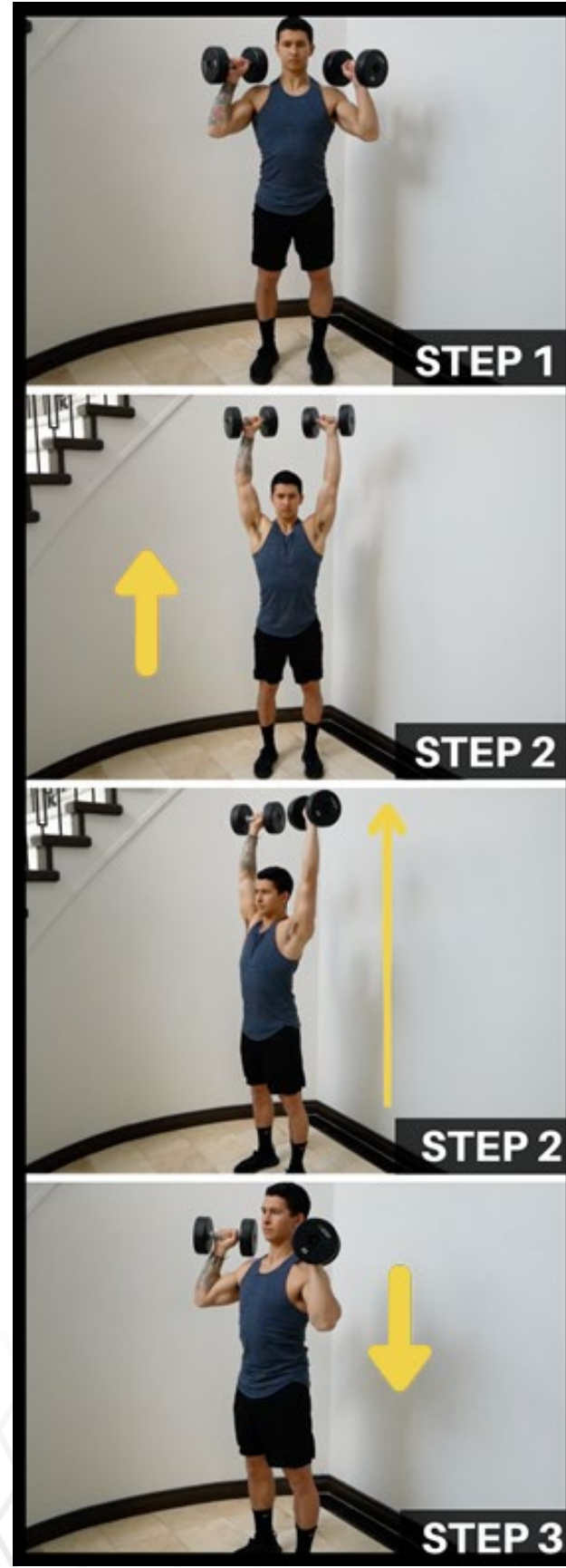
# PHASE 1 WORKOUTS: DUMBBELL SERIES

## EXERCISE 3: Standing Dumbbell Shoulder Press

**Step 1 (Setup):** Standing with your feet shoulder width apart, take a dumbbell in each hand. Raise the dumbbells to head height, with the elbows tucked very slightly forward rather than completely flared out to the sides. This will be your starting position.

**Step 2 (Press):** Extend through the elbows to raise the weight overhead. As you do so, contract your abs and your glutes and keep them contracted throughout the press. This will prevent your lower back from arching as you press. Avoid using momentum or leg drive to help you lift the weight up. At the top position, your arms, head, hips, and feet should form one straight line.

**Step 3 (Eccentric):** Slowly lower the weight back to the starting position with the dumbbells roughly at the level of your head before pressing up again for another rep.



# PHASE 1 WORKOUTS: DUMBBELL SERIES

## EXERCISE 4: Dumbbell Pullovers

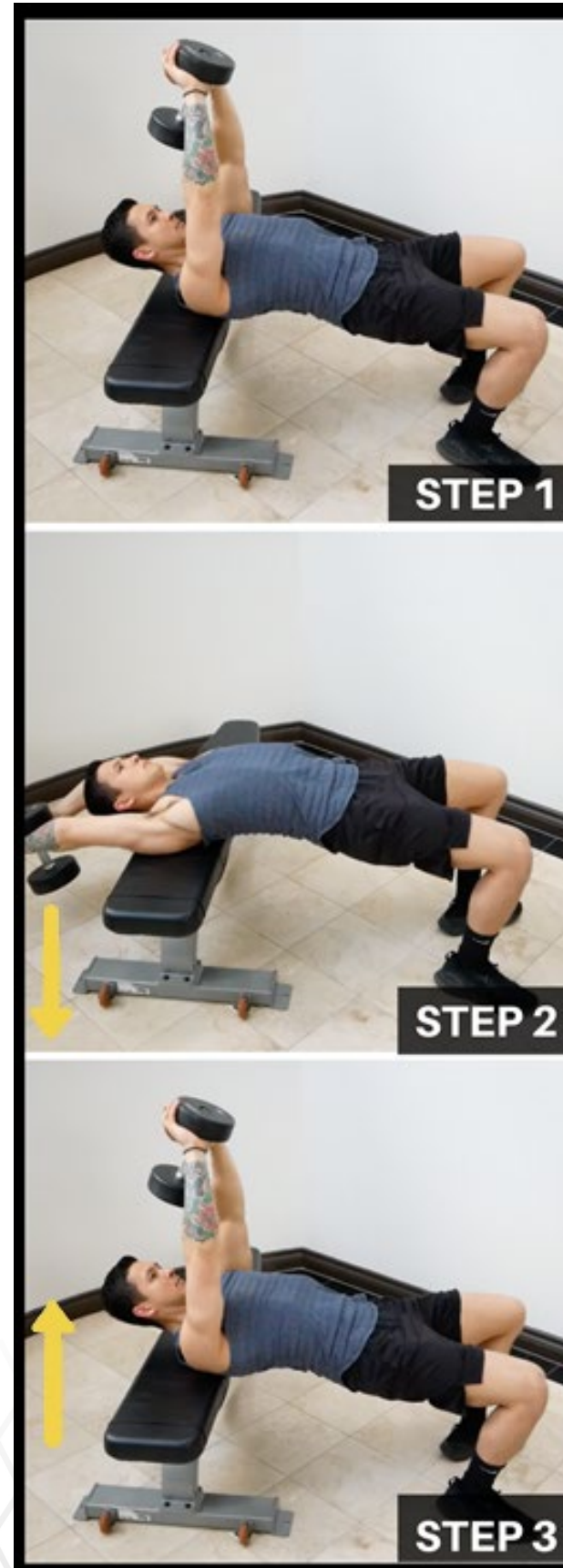
**Step 1 (Setup):** Lay your upper back on the edge of a bench, and keep your upper body parallel to the ground by bending your knees to 90 degrees and engaging your core. Hold the dumbbell straight overhead such that your arms are straight and the dumbbell is positioned vertically. If this is too difficult of a setup for you, you can instead lay on a bench normally rather than just resting your upper back on the bench and then progress to the upper back version once you're able to do so since this will better stretch and activate the lats.

**Step 2 (Descent):** Keeping your body upright and core engaged, slowly lower your arms overhead until your biceps roughly reach the level of your ears. Keep your arms straight or slightly bent as you do so.

**Step 3 (Ascent):** By thinking about driving/pulling your elbows forward, slowly bring your arms back to above your chest as in the starting position by contracting your lats. You will feel this in your chest as well, but you should feel your lats engaging as you pull the weight back up to the starting position.

**Alternative:** If you don't have access to a bench, these can be performed on the floor instead by holding the dumbbell sideways to ensure you still are getting a sufficient range of motion.

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# PHASE 1 WORKOUTS: DUMBBELL SERIES

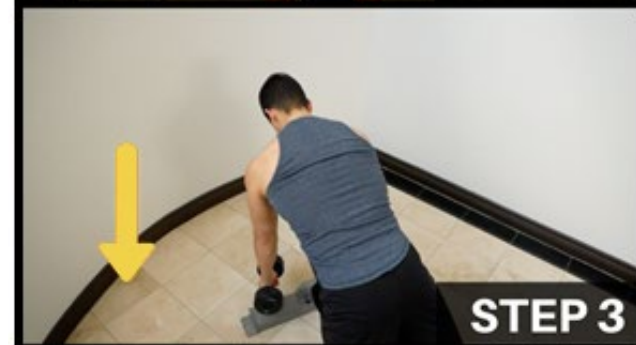
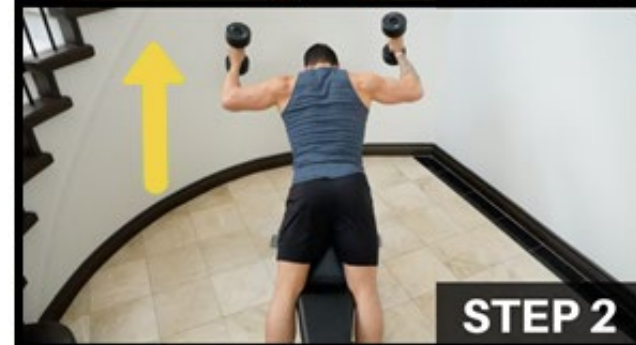
## EXERCISE 5: Dumbbell Face Pulls

**Step 1 (Setup):** With two light dumbbells in your hands, lay your stomach on an incline bench set roughly at 30-45 degrees. Hang your arms straight down and plant your feet behind you with your legs fully extended. Position yourself such that your upper chest is slightly over the top of the bench.

**Step 2 (Raise):** Raise your arms up towards your face, but rotate your hands up and out to the side while twisting your thumbs so that they now point at the ceiling. At the top position, your arms should make the shape of a “W”. Hold this position briefly.

**Step 3 (Descend):** Slowly bring the dumbbells back to the starting position and then repeat. Avoid arching your lower back as you perform each rep. Instead, maintain a straight, neutral spine throughout the movement.

**Alternative:** If a bench is unavailable, perform these standing and bent-over instead.



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