

4 WEEK DUMBBELL ROUTINE

Exercise Guidelines

This challenge is about building consistency with nutrition, but that doesn't mean exercise isn't important too.

You can (and should) be working out and staying active most days of the week.

As far as activity goes, **I recommend getting at least 30 minutes of light cardio per day.** Some examples would be brisk walking, light biking, or light elliptical work. Alternatively, you can do a Metabolic Cardio Workout.

If you like keeping track of your daily steps, **then aim for 6-10k steps a day (on average) as your minimum goal.**

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Challenge Workout Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Full Body 1 Workout	20-30 Mins Of Walking or Metabolic Cardio Workout	Full Body 2 Workout	20-30 Mins Of Walking or Metabolic Cardio Workout	Full Body 3 Workout	20-30 Mins Of Walking or Metabolic Cardio Workout	20-30 Mins Of Walking
Full Body 1 Workout	20-30 Mins Of Walking or Metabolic Cardio Workout	Full Body 2 Workout	20-30 Mins Of Walking or Metabolic Cardio Workout	Full Body 3 Workout	20-30 Mins Of Walking or Metabolic Cardio Workout	20-30 Mins Of Walking
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Notes for Full Body Workouts

Reps

The number of repetitions you're aiming to hit for each set of an exercise. If there's a unilateral exercise (using one arm/leg), you will see rep goals with per arm, per leg, per side, or some other variation.

Rest Times

The amount of time you should rest between each set. Folks tend to rush their rest times, which leads to less than optimal recovery. In turn, they're not able to give 100% on every set of an exercise.

I want you to follow the rest time recommendations I give for each exercise to the best of your ability. Using a timer on your phone or clock will help.

How Hard Should You Push?

For the strength training workouts, you want to push hard enough that you're challenged, but not so hard that you can't physically do another rep (unless you see "failure" in the rep range column).

4 WEEK DUMBBELL ROUTINE

The Pre-Workout Warm-Up Routine

This warm-up should take you no more than 5-10 minutes, and I want you to do it before each workout.

Click The Video Below!



- Lunge Stretch – 4 per side
- Side Lunge + Overhead Reach – 4 per side
- Lower Back Stretch – 30s hold
- Groin Stretch – 6 reps
- T-Spine Extension – 6 reps
- Kneeling Forearm Stretch – 3 reps
- Glute Bridges – 12 reps

FULL BODY 1

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) 4s Dumbbell Goblet Squat	3	8-10	30s		
1B) Dumbbell RDL		8-10	90s		
Rest 90 seconds and move to the next set					
2A) Knee/Regular Push Up	3	6-15	30s		
2B) 1-Arm Dumbbell Row		10-12 (per side)	90s		
Rest 90 seconds and move to the next set					
3A) Dumbbell Shoulder Press	3	12-15	30s		
3B) Dumbbell Alternating Curls		10-12 (per side)	30s		
3C) Dumbbell Kickbacks		10-12	90s		
Rest 90 seconds and move to the next set					
4A) Dead Bugs	3	2-6 (per side)	0s		
4B) Alternating V-Ups		2-6 (per side)	60s		

Notes: complete each exercise in each super set in alphabetic order. Each exercise has a prescribed rest time. For example, complete exercise 1A, then rest, then exercise 1B, then rest, and so on.

FULL BODY 2

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) Dumbbell Stiff Leg Deadlift	3	8-10	30s		
1B) Dumbbell Squat Press		8-10	90s		
Rest 90 seconds and move to the next set					
2A) Dumbbell Bench Press	3	10-12	30s		
2B) Dumbbell Sumo Row		10-12 (per side)	90s		
Rest 90 seconds and move to the next set					
3A) Dumbbell Hammer Curls	3	12-15	30s		
3B) Dumbbell Bent Over Flyes		12-15	30s		
3C) Dumbbell Overhead Ext.		12-15	90s		
Rest 90 seconds and move to the next set					
4A) Knees Up Crunches	3	6-12	0s		
4B) Shoulder Taps		2-6 (per side)	60s		

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FULL BODY 3

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) Dumbbell Split Squat	3	6-8 (per side)	90s		
Rest 90 seconds and move to the next set					
2A) Dumbbell Incline Press	3	8-10	30s		
2B) Dumbbell Pullover		12-15	90s		
Rest 90 seconds and move to the next set					
3A) Dumbbell Arnold Press	3	8-10	30s		
3B) Dumbbell Zottman Curl		10-12	30s		
3C) Dumbbell Cuban Press		12-15	90s		
Rest 90 seconds and move to the next set					
4A) Dumbbell Glute Bridges	3	12-15	0s		
4B) Bodyweight Frog Pumps		20-30	90s		

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