



1. Dumbbell Hang Pull

Grab a pair of dumbbells and set them hanging at arm's length in front of your body. Your palms are facing behind you. Now bend at your legs and knees, and lower the dumbbells until they're just below knee height. That's the starting position. Now, in one movement, straighten your legs, stand up, straighten your arms, and pull the dumbbells as high as you can by bending your elbows and raising your upper arms. Then repeat the movement and repeat.



2. Offset Dumbbell Reverse Lunge

Stand tall holding a dumbbell in your left hand next to your shoulder, with your arm bent. With your right foot, step backward and lower your body until your back knee almost touches the floor. Push yourself back to the starting position and repeat. On your next round, hold the dumbbell on your other side, and step back with the opposite leg.



3. Single-arm Dumbbell Swing

Hold a dumbbell at arm's length in front of your waist, with your arms slightly bent. Without rounding your lower back, bend at your hips and swing the dumbbell between your legs. Keeping your arms straight, thrust your hips forward and swing the dumbbell to shoulder level as you rise to a standing position. Then simply swing the weight back and forth.



4. Thrusters

Stand holding a bar of dumbbells next to your shoulders. Push your hips back, then bend your knees and lower your body until your thighs are at least parallel to the floor. As you push your body back up from the squat, press the dumbbells above your shoulders until your arms are straight. Then bring the dumbbells back down to your shoulders, and repeat.



5. Single-leg Dumbbell Row

Grab a dumbbell in your right hand. Then bend at your hips and place your left hand on a bench in front of you. Raise your right leg so that it's in line with your upper body. Now let the dumbbell hang straight down from your shoulder, your palm facing toward an underhand grip. That's the starting position. If you prefer, you can use an overhand grip (so your palm would be facing behind you, instead of an underhand grip). Put the dumbbell to the side of your torso, by raising your upper arm, and bending your elbow. Pause, then slowly lower the dumbbell back to the starting position. That's one rep. On your next round, switch arms and legs.



6. Dumbbell Chop

Grab a dumbbell and hold it with both hands just above your right shoulder. Bring the dumbbell down and to the outside of your left knee by rotating and bending your upper body in the same direction. Reverse the movement to return to the starting position. On your next round, switch sides, this time holding the dumbbell over your left shoulder and chopping to down and to your right.



7. Plank Walking to Pressup

Start by getting into a plank position, but bend your knees and rest your weight on your forearms instead of your hands. Your body should form a straight line from your shoulders to your ankles. Now bring your arms in by connecting your elbows as if you're about to be punched in the gut. Without changing your body posture or stance (you don't let your hips sag), place your left hand on the floor, then your right hand. Then push your body into the "up" position of a pushup. Rest as a pushup. Then lower yourself back to your elbows into the plank position, by placing each elbow on the floor again. Repeat as many times as you can.



8. Mountain Climber/Plank-to-Pressup

Grab a dumbbell in your right hand and hold it next to your ribs. Stand on your left foot with your knee slightly bent. Lift your right foot off the floor and bend that knee slightly. Without changing the bend in your left knee, bend at your hips (but don't round your lower back), and lower your torso as you rotate it to the left and by touch the dumbbell in front of your left foot. Reverse the move to the starting position and repeat. On your next round, switch arms and legs.



9. Jump Squat

Stand with feet about shoulder-width apart. Place your fingers on the back of your head and put your elbow back as they're in line with your body. Push your hips back, bend your knees, and squat down. Then jump as high as you can. When you land, squat and jump again. If that's too easy, add a pair of dumbbells at your sides as you perform the exercise.



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