



## 20kg dumbbell set overall workout plan

### Disclaimer:

1. Always consult a physician before starting a new exercise routine and stop exercising immediately should you feel any discomfort, feel faint, become dizzy or experience pain.
2. Always inspect equipment prior to use, and do not use if any damaged or worn parts are detected.
3. Use exercise in conjunction with a healthy eating plan.
4. Only use the product for its intended purpose to prevent injury.

### Exercise and training terms:

<b>Duration</b>	In a gym program this will refer to the workout time of the entire program
<b>Intensity</b>	This will refer to the amount of weight used, and the amount of rest given between each set of a exercise
<b>Type</b>	Refers to the type of training , ie strength, resistance , cardio etc.
<b>Reps/ repetitions</b>	A single cycle of lifting and lowering a weight
<b>Sets</b>	A number of reps performed together ended with a rest period is referred to as a set
<b>Tempo</b>	Is the rate and speed at which a rep is executed , it has 3 stages, the push/pull , the pause and the return motion
<b>% of max.</b>	Is determined as % of 1 repetition of max weight a person can push for any giving exercise eg. If you were to press 100kg for only one rep as you max, your training weight for 45% on max of 10 reps. Would be 45kg pushed 10 times.

### Exercise program:

1. Start out with 3 days and 30 mins and work your way to the full times and days
2. 60 minutes 6 days a week.
3. Intensity: till failure
4. Do this program for 10-12 weeks
5. Adjust weight on dumbbells to suit reps needed

Day	Exercise	Muscle group	Sets	Reps	Intensity	Notes/ exercise execution
1	Back and shoulder stretching					as warm up
	Bent over dumbbell rows	back	4	6-14	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Bent over reverse delt fly's	back	4	6-14	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Standing side laterals	back	4	6-14	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Alternating front delt raises	back	4	6-14	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
2	Hamstring ,quad, full leg stretching					as warm up
	Stationary dumbbell weighted lunges	legs	5	6-14	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Dumbbell squats	legs	5	6-14	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Dumbbell squat swings	legs	5	6-14	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Single leg standing calve raises(hold weight i	legs	4 each leg	6-10	85% of max. Weight should allow minimum of 6 reps	supersettted between right and left leg 2:1:3
3	Chest and shoulder stretching					as warm up
	Dumbbell push ups	chest	6		till failure	30 sec rest between each set tempo 2:1:3
	Incline floor oush ups (feet on chair)	chest	6		till failure	30 sec rest between each set tempo 2:1:3
	Dumbbell side laterals	shoulders	5	6-14	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Triceps and bicep stretching					as warm up
	Standing dumbbell curls	Arms	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3

4	Standing hammer curls	Arms	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Concentration dumbbell curls	Arms	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Floor crunches	Abs	5	20	85% of max. Weight should allow minimum of 6 reps	tempo 1:0:1
5	Quad, full leg stretching					as warm up
	Walking dumbbell weighted lunges	legs	5	6-14	85% of max. Weight should allow minimum of 6 reps	supersetted between right and left leg 2:1:3
	Dumbbell squats	legs	5	6-14	85% of max. Weight should allow minimum of 6 reps	supersetted between right and left leg 2:1:3
	Dumbbell squat swings	legs	5	6-14	85% of max. Weight should allow minimum of 6 reps	supersetted between right and left leg 2:1:3
	Single leg standing calve raises(hold weight i	legs	4 each leg	6-10	85% of max. Weight should allow minimum of 6 reps	supersetted between right and left leg 2:1:3
6	Shoulders stretching					as warm up
	Floor lying tricep extensions	Arms	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Sanding dumbbell overhead extensions	Arms	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Dumbbell tricep kick backs	Arms	5	6-10	85% of max. Weight should allow minimum of 6 reps	30 sec rest between each set tempo 2:1:3
	Floor crunches	abs	5	20		tempo 1:0:1
	Adjust weight and reps accordingly					
	More weight and less reps for muscle gain					
	Less weight more reps for fat loss and toning					