



Dumbbell and Body ball beginner workout

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 program:

1. Start out with 30 minutes 3 days a week
2. Intensity: Medium
3. Do this program for 4 - 6 weeks then request a progression to this exercise program from Trojan

Day	Exercise	Muscle group	Reps	Sets	Intensity	Notes / exercise execution
1	Weighted lunges	Legs and cardio	15	3	Add weight to the bumbell/s to allow a minimum of 15 reps	
	Weighted squats	Legs and cardio	15	3	Add weight to the bumbell/s to allow a minimum of 15 reps	
	Dumbbell swings	Legs, shoulders and cardio	12 each arm	6 (3 each arm)	Add weight to the bumbell/s to allow a minimum of 12 reps	Same as a kettle bell swing, like a squat, with weights
	Body ball crunches	ABS	25	3		Ball placement should be in the small of your lower back
2						
3	Standing bumbell press	Shoulders	15	3	Add weight to the bumbell/s to allow a minimum of 15 reps	Keep all motions slow and controlled
	Bent over flys	Back and shoulders	15	3	Add weight to the bumbell/s to allow a minimum of 15 reps	
	Bent over dumbbell rows	Back	15	3	Add weight to the bumbell/s to allow a minimum of 15 reps	
	Side lateral raises	Shoulders	15	3	Add weight to the bumbell/s to allow a minimum of 15 reps	
	Body ball crunches	ABS	25	3		Ball placement should be in the small of your lower back
4						
5	Push ups, on floor	Chest	15	4	Body weight	Can also be done using the bumbells as push up
	Body ball push ups	Chest	15	3	Add weight to the bumbell/s to allow a minimum of 15 reps	Keep core tight, place both feet on body ball, hands on floor in push up position
	Standing bicep curls	Arms	15	3	Add weight to the bumbell/s to allow a minimum of 15 reps	
	Standing single arm tricep extensions	Arms	15	3	Add weight to the bumbell/s to allow a minimum of 15 reps	
6						