

The background of the entire image is a photograph of two vintage, heavily rusted dumbbells lying on a dark, veined marble floor. The dumbbells are positioned diagonally, with one in the lower left and the other in the lower right. The text is overlaid on the upper half of the image.

DUMBBELL

WORKOUT

PLAN

HOW TO:

1. Start by warming up with 5-10 minutes of light cardio.
2. Perform exercise 1A and 1B back to back, with no rest in between. Once you have completed both exercises, rest for 1 minute. Repeat this 3 times.
3. Once you have completed Superset #1, move onto Superset #2. Complete once again both exercises back to back, with a 30 second rest afterwards for a total of 3 rounds.
4. Complete all 4 supersets the same way.
5. Cool down with 5 minutes of light cardio and full body stretches once you have completed all the exercises.

HEALTHY HAPPY FIT PLANS

DAY 1 - UPPER BODY

SUPERSET 1

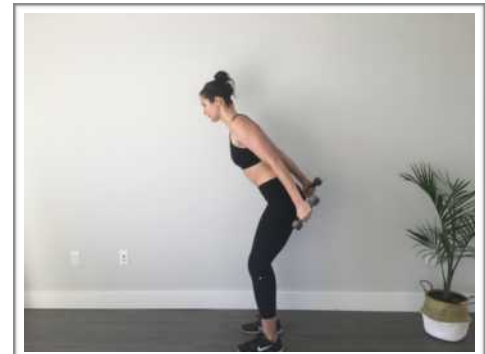
1A Bicep Curls (15)

Start with your arms by your side, palms facing in. Flex your arms and slowly lift the dumbbells up to your shoulders with your palms facing upwards.



1B Tricep Kickbacks (15)

Start with your arms bent at a 90 degree angle in front of you. Slowly extend your arms backwards, while squeezing the back of your arm.



SUPERSET 2

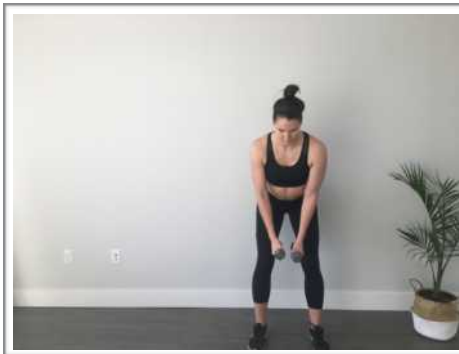
2A Horizontal Row (12)

Bend over so that your upper body is parallel to the ground. Arms straight below you, slowly bend the elbow while also contracting the upper back to bring the dumbbells to your chest.



2B Reverse Flyes (12)

Bend over so that your upper body is parallel to the ground. Arms straight below you, slowly contract your upper back to lift your arms laterally until they are at shoulder level.



SUPERSET 3

3A Shoulder Press (12)

Start with your arms bent at a 90 degree angle, dumbbells should be about ears height. Extend your arms and push the dumbbells all the way up until your arms are fully extended.



3B External Rotations (20)

Start with arms in front of you, at a 90 degree angle. Rotate your arms externally by contacting your mid back. Keep your arms at a 90 degree angle the entire movement.



SUPERSET 4

4A Upright Row (12)

Start with your arms straight in front of you with your palms facing in. Slowly lift the dumbbells up to chest level, keeping them as close to the body as possible the entire movement.



4B Floor Chest Flyes (12)

Lie down on a bench or the ground with your arms bent at a 90 degree angle by your chest. Push the dumbbells up straight above your chest, keeping your core and back strong the entire movement.



HEALTHY HAPPY FIT PLANS

DAY 2 - GLUTE FOCUS

SUPERSET 1

A1 Hip Raises (20)

Lie down on the floor with a dumbbell placed on your hips. Contract your glutes and bring your hips to full extension, keeping the core tight the entire movement.



A2 Abductor Raises (10 per side)

Lie down on your side with a dumbbell resting on the side of your leg. Slowly lift your leg up 2 feet off the ground and slowly bring back down.



SUPERSET 2

B1 Hamstring Curls (20)

Lie down on your stomach and place a dumbbell in between your feet. Slowly extend your legs until your feet reach the ground and then contract your posterior chain to lift the dumbbell back up again.



B2 Sumo Squat Pulses (30)

Place your feet slightly wider than standard squat position with your toes rotated externally. Perform small pulses without fully bringing the body back to a standing position.



SUPERSET 3

3A Single Leg Dead Lift (10 p/s)

Start in a standing position and slowly shift your weight onto one leg while kicking the other leg back to create a 90 degree angle or as far as you can go. Contract your posterior chain in the grounded leg to lift yourself back up to standing.



3B Pistol Squats (8 per side)

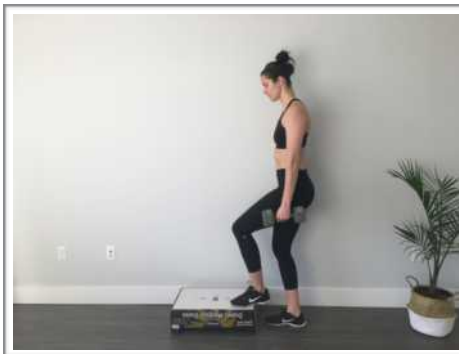
Start in a standing position and slowly start shifting the weight onto one leg while bringing the other leg to a hover in front of you. Squat down with one leg as low as you can go.



SUPERSET 4

4A Step Ups (10 per side)

Hold the dumbbells by your side and step onto a platform that is available. You can also perform this movement with a bench.



4B Reverse Lunge (10 per side)

Start in an upright position with dumbbells by your side. Take a large step backwards and lower into a lunge. Keeping your core tight and your upper body upright the entire movement.



HEALTHY HAPPY FIT PLANS

DAY 3 - SHOULDER & CORE

SUPERSET 1

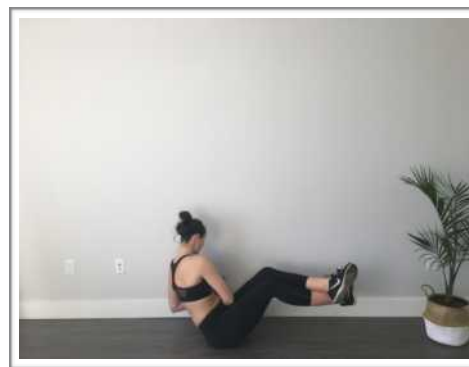
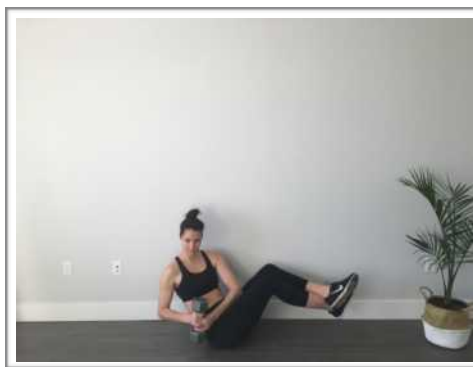
3A Shoulder Press (12)

Start with your arms bent at a 90 degree angle, dumbbells should be about ears height. Extend your arms and push the dumbbells all the way up until your arms are fully extended.



1B Seated Russian Twist (30)

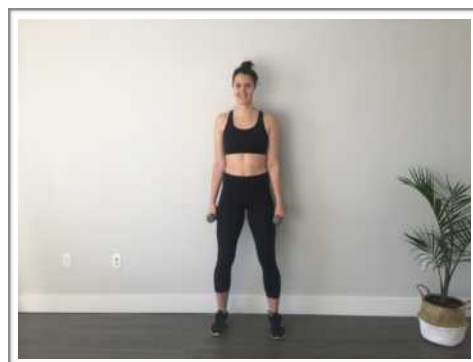
In a seated position, lift your legs off the ground with your shins parallel to the ground. Rotate your upper body to move the dumbbell from right to left side and back. Keeping your core tight the entire movement.



SUPERSET 2

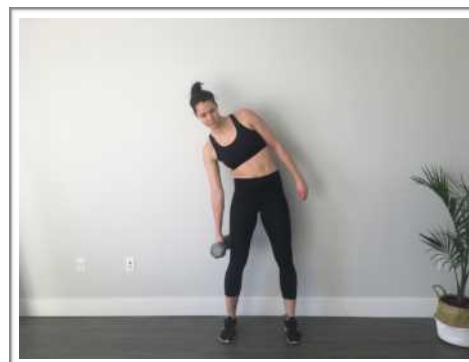
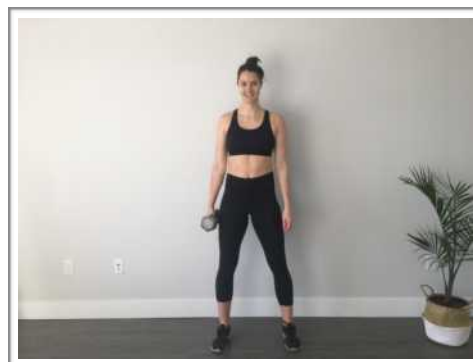
2A Lateral Shoulder Raises (15)

Place your arms by your side with palms facing in. Slowly lift your arms lateral until the dumbbells reach shoulder height. Do not shrug the shoulders while performing this exercise.



2B Side Bends (15 per side)

Hold the dumbbell by your side and slowly bend your upper body laterally towards the ground. Use the opposite side obliques to pull your body back up into a standing position.



SUPERSET 3

3A Frontal Shoulder Raises (15)

Start with your arms in front of you with palms facing in. Slowly lift the dumbbell straight in front of you until they reach shoulder height. Do not shrug the shoulders while performing this exercise.



3B Crunch to Press (20)

Lie down with your knees bent at a 45 degree angle. Lift your upper body up to perform a crunch and once you have attained an upright position press the dumbbell up overhead.



SUPERSET 4

4A Arm Circles (30 each direction)

Lift your arms up laterally with dumbbells at shoulder height. Perform small circular motions at the shoulder joint. Keeping your arms straight and your core tight the entire movement.



4B Plank Pull Through (20)

In a plank position with your shoulders directly above your wrist and your back straight pull the dumbbell from one side of your body to the other. Focus on keeping the hips and back straight the entire movement.



HEALTHY HAPPY FIT PLANS

DAY 4 - LOWER BODY

SUPERSET 1

1A Goblet Squat (20)

Hold the dumbbell at one end in front of you. Squat down until your thighs are parallel to the ground. Push through your heels to bring your body back up into an upright position.



1B Goblet Squat Jump (10)

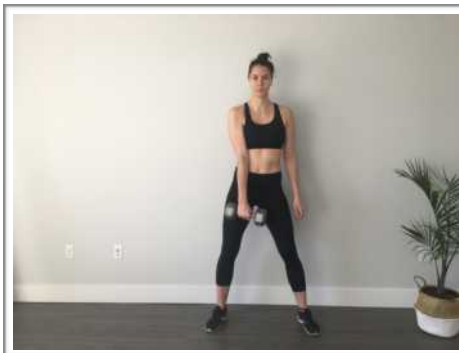
Perform a Goblet Squat with a small jump upon returning to an upright position.



SUPERSET 2

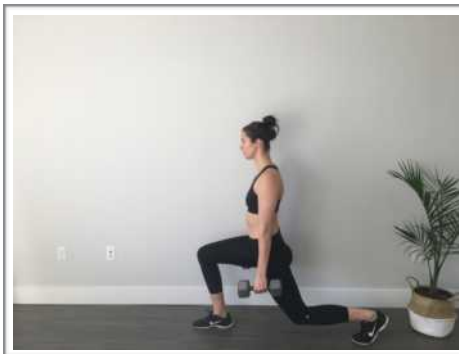
2A Side Lunge (12 per side)

Take one large step laterally and slowly push your hips back while flexing at the knee until your thighs are parallel to the ground.



2B Lunge Pulses (30 per leg)

Start in an upright position with dumbbells by your side. Take a large step forward and lower into a lunge. Keeping your core tight, perform small pulses.



SUPERSET 3

3A Curtsy Lunge (20)

Start in an upright position with the dumbbells by your side. Take a large step diagonally behind you and lunge down. Keeping your core tight and body upright the entire movement.



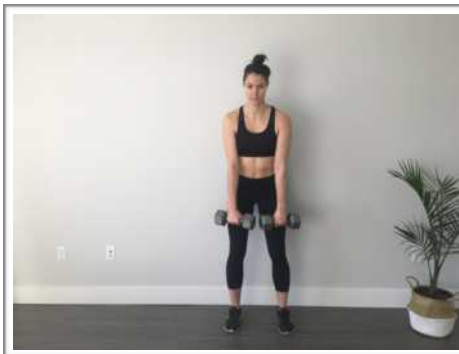
3B Single Leg Dead Lift (10 p/s)

Start in a standing position and slowly start shifting the weight onto one leg and kicking the other leg back to create a 90 degree angle or as far as you can go. Contract your posterior chain in the grounded leg to lift yourself back up to standing.



4A Romanian Deadlift (20)

Standing in an upright position with your knees slightly bent. Slowly tilt your body forward keeping the dumbbell close to your legs. Go down as far as possible, contracting your posterior chain to come back up to standing.



4B Calf Raises (12 per side)

Stand on one leg and use a wall for stability support if needed. Push off of the front of your foot to raise to your heel up as far up as possible. Hold for a second and slowly lower back down.

