

core
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How to get the best results from your Dumbbells



To help you get the best use out of your new Core Balance Neoprene Dumbbells we have written this e-Book with tips on how to care for your product and exercises you can perform using the Dumbbells.

Please read these instructions prior to use.

- ◆ Dumbbells are an exercise aid and must always be used with correct technique.
- ◆ Always consult your doctor prior to commencing any new exercise programme.
- ◆ Please do not use this item or these exercises as a substitute for any exercise, treatment, dietary regime, or rehabilitation which has been prescribed by a doctor.
- ◆ If you experience discomfort or unusual pain while using Core Balance items, or while following Core Balance exercise guides, stop the activity immediately.
- ◆ The information contained within this document are not medical guidelines but for educational purposes only. Core Balance cannot be held liable for user's safety when using Dumbbells.



Product Specific Safety

- ◆ Before use, ensure that the Dumbbells are in a safe operating condition. Inspect them for any signs of wear and tear. If damage is apparent, do not use the items.
- ◆ Do not attempt to repair any damages.

Safety Advice

Before using your dumbbells, always do a short warm up, such as a brisk walk or stretches. Don't push yourself too far when lifting. If your arms start to feel tired, stop.

Exercises

One of the biggest benefits of lighter dumbbells is how easy they are to incorporate into other exercise routines. The following exercises are perfect for doing with 0.5kg, 1kg and 2kg dumbbells which focus on toning your muscles and building endurance.

Using lighter weights allows you to do more reps before you start to tire.



Biceps Curls

Work your biceps with this popular dumbbell exercise. For best results, keep your reps controlled. If you swing the dumbbells up and down too quickly, you won't reap the rewards.

1. Stand up straight with a dumbbell in each hand and your feet shoulder width apart.
2. Place your arms by your side so that your palms are facing your thighs.
3. Keeping your elbows tucked into your sides, slowly curl the dumbbells, twisting your hands as you curl so your palms end up facing your shoulders. Make sure you squeeze the top of your biceps whilst curling.
4. Once the dumbbells reach your shoulders, slowly bring them back down to their starting position.
5. Do 2 to 3 sets of 8 reps to begin with, then work up to 3 to 5 sets of 12 reps.



Front Raise

The front raise is a top way to target your shoulder muscles. As with all dumbbell exercises, ensure that you're in full control of the weight when returning to your starting position.

1. Stand up straight whilst holding a pair of dumbbells in front of your body.
2. Keeping your chest up and your arms straight, raise the dumbbells in front of you.
3. Once the dumbbells reach shoulder height, slowly bring them back down to their starting position.
4. Do 2 to 3 sets of 8 reps to begin with, then work up to 3 to 5 sets of 12 reps.



Overhead Tricep Extensions

An exercise that is perfect for doing with dumbbells of all sizes. As well as strengthening your triceps, it's great for working your shoulders, chest, lats and forearms.

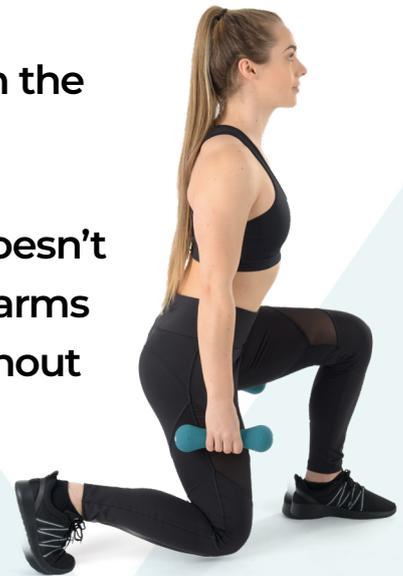
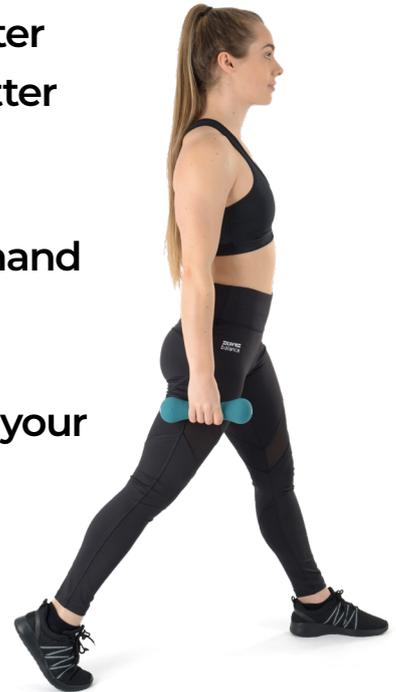
1. Stand with your feet shoulder width apart.
2. Hold the dumbbells in a hammer grip with your fingers gripping the outside and your palms facing the inside.
3. Engage your core and bring the dumbbells over your head, pressing them together.
4. Bending at your elbows and squeezing your triceps, slowly lower the dumbbells behind your head.
5. Exhale to straighten your arms back out so they're extended above your head again.
6. Do to 2 to 3 sets of 8 reps to begin with, then work up to 3 to 5 sets of 12 reps.



Dumbbell Lunges

Lunges are a great way to tone and strengthen your upper legs and glutes. Dumbbells create greater resistance for a more intense workout and better results.

1. Stand up straight with a dumbbell in each hand and your feet shoulder width apart.
2. Ensure your arms are hanging by your side, your fingers are on the outside of the dumbbells and your palms are facing your thighs.
3. Step forward with your right leg, bending at the knee until the thigh is almost parallel with the ground. Your left leg should be bent at the knee and balanced on the toes.
4. To avoid straining your knee, make sure it doesn't pass the toes when stepping forward. Your arms should remain hanging by your side throughout the movement.
5. Step back to your starting position and then repeat the motion with your other leg.
6. Do 2 to 3 sets of 10 reps to begin with, then work up to 3 to 5 sets of 10 reps.



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