

core
balance®

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

Dumbbells on the heavier side are great for building up your strength and muscle mass. The following are perfect for doing with 3kg, 4kg and 5kg dumbbells.



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. This is known as the hammer grip.
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.



Floor Press

Great for strengthening your chest muscles, this exercise requires you to lie on the floor. It's perfect for heavier weights because you're in a more stable position to support them.

1. Lie on the floor with your legs bent at the knees and your feet flat on the floor.

2. With your arms extended, hold a dumbbell in each hand over your chest.



3. Ensure that your arms are as straight as possible whilst extended and that the back of your hands are facing your head. Your palms should be facing your legs and feet.

4. Slowly lower the weights towards your chest until your upper arms rest on the floor.



5. Take a short pause, then press the dumbbells back to their starting position.

6. Do 2 to 3 sets of 8 reps to begin with, then work up to 3 to 5 sets of 12 reps.

Sumo Squat Press

Presses can be incorporated into a range of exercises, including squats. This is a great exercise for working your glutes, thighs, core and shoulders.

1. Stand with your feet slightly wider than shoulder width apart and your toes pointing outwards at a 45 degree angle.
2. Bend your elbows so you're holding the dumbbells at your shoulders. Hold them in a hammer grip with your fingers gripping the outside and your palms facing the inside.
3. Squat down whilst keeping the weight in your heels and your chest up. Ensure that your core is engaged whilst squatting and that your knees are in line with your toes.
4. As you stand up to your starting position, press the dumbbells up towards the sky so that your arms are extended and squeeze your glutes.
5. Lower your arms so that your elbows are bent and the dumbbells are at your shoulders, just as they were at the start of the exercise.
6. Do 2 to 3 sets of 10 reps to begin with, then work up to 3 to 5 sets of 15 reps.



Bent-Over Row

Perfect for strengthening your back. Pulling the dumbbells to your chest will target the upper back muscles, whilst pulling it closer to your waist will work your lower back.

1. Stand with your feet shoulder width apart with a dumbbell in each hand.
2. Bend your knees and lean over your waist, keeping your neck in line with your spine.
3. Let the dumbbells hang down with your arms straight and palms facing inwards.
4. Engage your abs, keep your back straight and slowly bring the dumbbells up to your chest by squeezing your shoulders together.
5. Do 2 to 3 sets of 10 reps to begin with, then work up to 3 to 4 sets of 15 reps.



Thank you
for choosing

core
balance®

Discover more of the Core Balance range at
www.corebalancefitness.co.uk

