

Hex Dumbbells Exercise Guide



Welcome

The purpose of this ebook is to provide you with exercises which you can perform with our Core Balance Hex Dumbbells.

The health benefits of dumbbells are huge. As well as targeting a wide range of muscle groups, free weight exercises help to improve your cardiovascular health and increase your bone density.

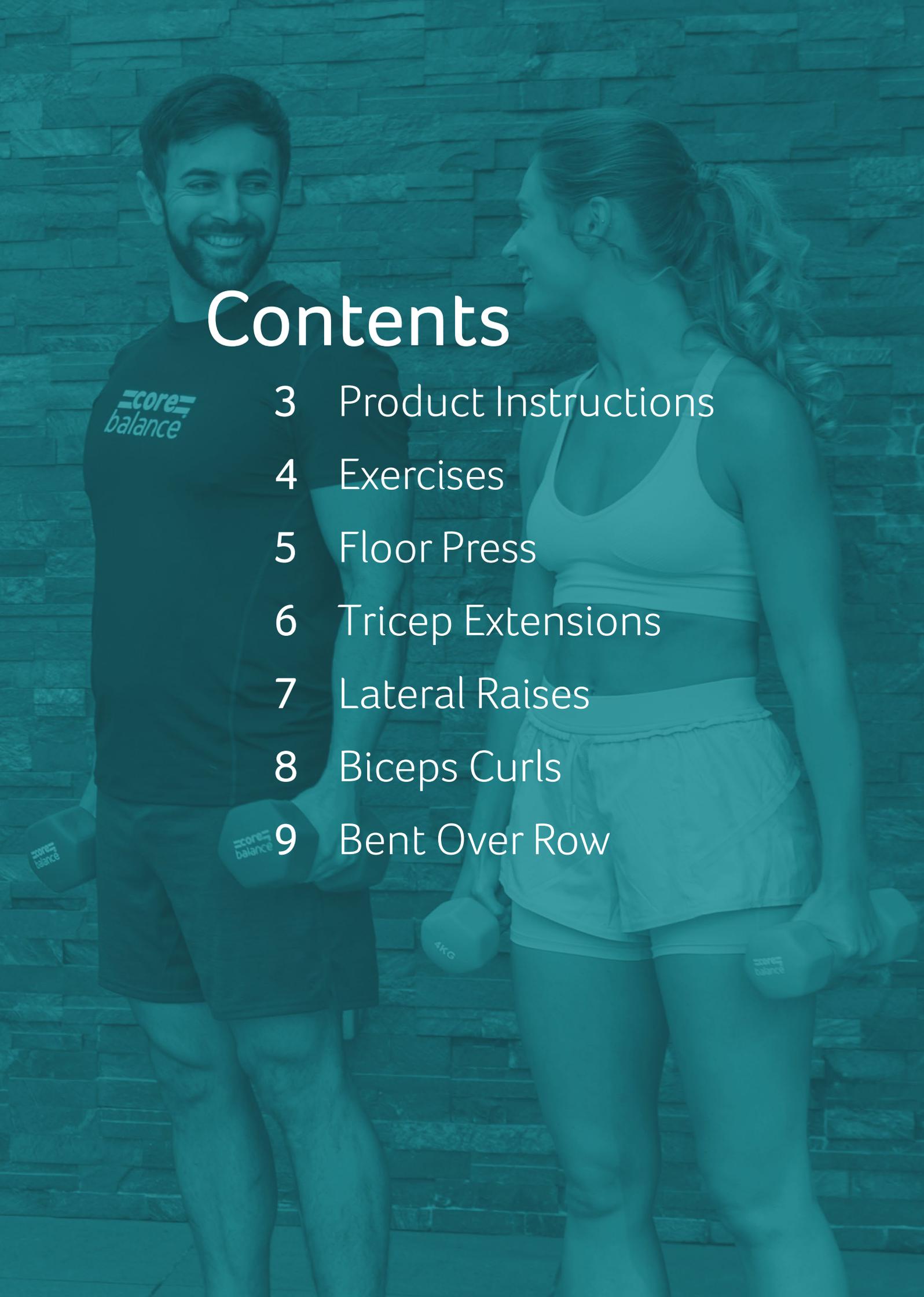
They're also extremely versatile if you choose to work out with different weights. The exercises within the ebook have been selected because they demonstrate exercises that can really make the most of your dumbbell weight.

We hope that you find the information in this ebook useful and, along with your new Core Balance product, it helps you to achieve your fitness goals.

We are passionate about every product we sell and every customer we serve. We are here to help you meet your fitness goals and we hope this exercise guide helps you on your way.

Best wishes

The Core Balance Team



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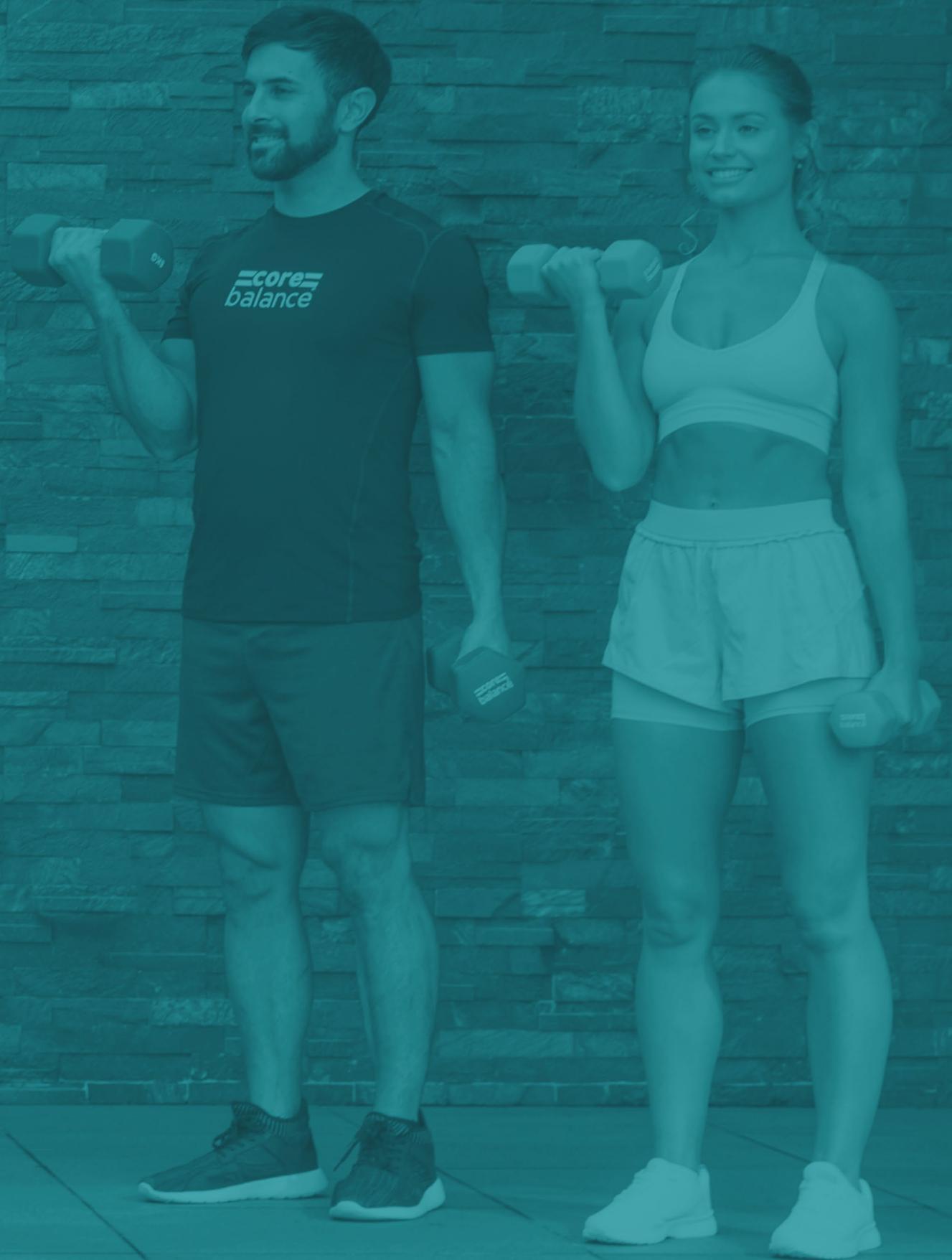
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Please read these instructions prior to use.

- Dumbbells are an exercise aid and must always be used with the 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 the Dumbbells.
- Before use, ensure that the Dumbbells are in a safe operating condition. Inspect it for any signs of wear and tear. If damage is apparent, do not use the item.
- Do not attempt to repair any damages.
- 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 exercises are perfect for doing with our 5kg and above dumbbells.

Floor Press

The floor press requires you to lie on the floor and is great for strengthening your leg muscles. It's perfect for doing with 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 your arms are as straight as possible when extended and that the back of your hands are facing your head. Your palms should be facing your 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.

Tricep Extensions

This exercise is great for doing with both light and heavy dumbbells. As well as strengthening your triceps, it's perfect for working your chest, shoulders and lats.

1. Stand up with your feet shoulder-width apart and a dumbbell in each hand.



2. Hold the dumbbells in a hammer grip with your palms facing your thighs.

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.

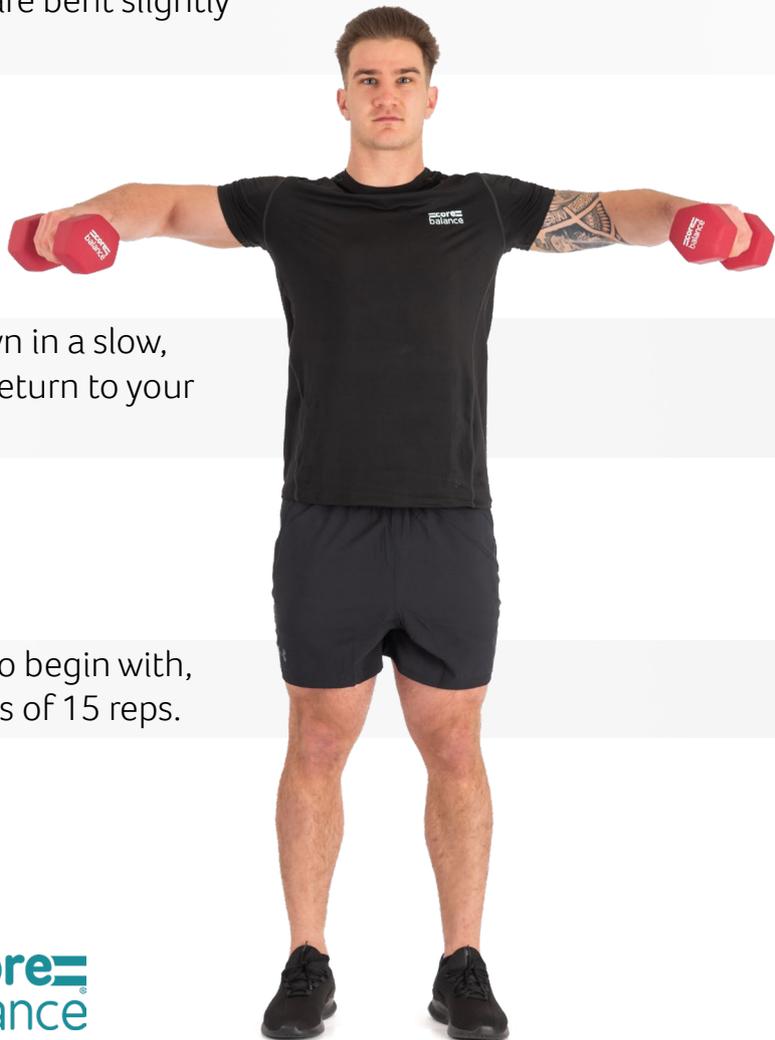
6. Do 2 to 3 sets of 8 reps to begin with, then work up to 3 to 5 sets of 12 reps.



Lateral Raises

As well as building your arms and shoulder muscles, lateral raises are perfect for strengthening your back muscles and core. They're a classic dumbbell exercise.

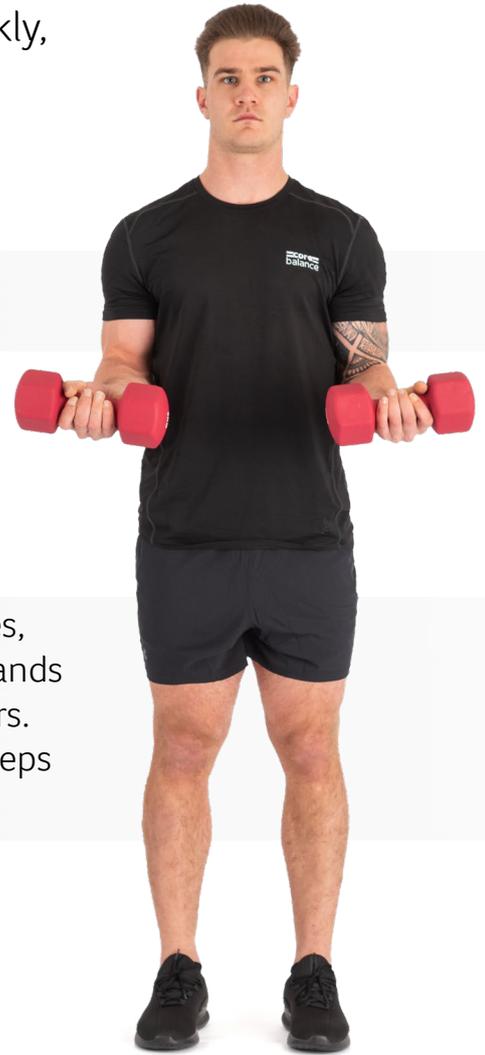
1. Stand up straight with a dumbbell in each hand and your feet shoulder-width apart.
2. Place your arms by your side so that your palms are facing your thighs.
3. Engage your core and slowly lift the dumbbells outwards until your arms are parallel with the floor. Ensure your elbows are bent slightly throughout.
4. Lower the dumbbells down in a slow, measured movement to return to your starting position.
5. Do 2 to 3 sets of 12 reps to begin with, then work up to 3 to 4 sets of 15 reps.



Bicep 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 benefit.

1. Stand up straight with a dumbbell in each hand and your feet shoulder-width apart.



2. Keeping your elbows tucked into your sides, slowly curl the dumbbells, twisting your hands so your palms end up facing your shoulders. Make sure you squeeze the top of your biceps whilst curling.



3. Once the dumbbells reach your shoulders, 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.

Bent Over Row

The bent-over row is a top way to strengthen your back. Pulling the dumbbells to your chest targets the upper back muscles whilst pulling them to your waist works 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

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balance®



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www.corebalancefitness.co.uk