

Hex Dumbbells Exercise Guide



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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.

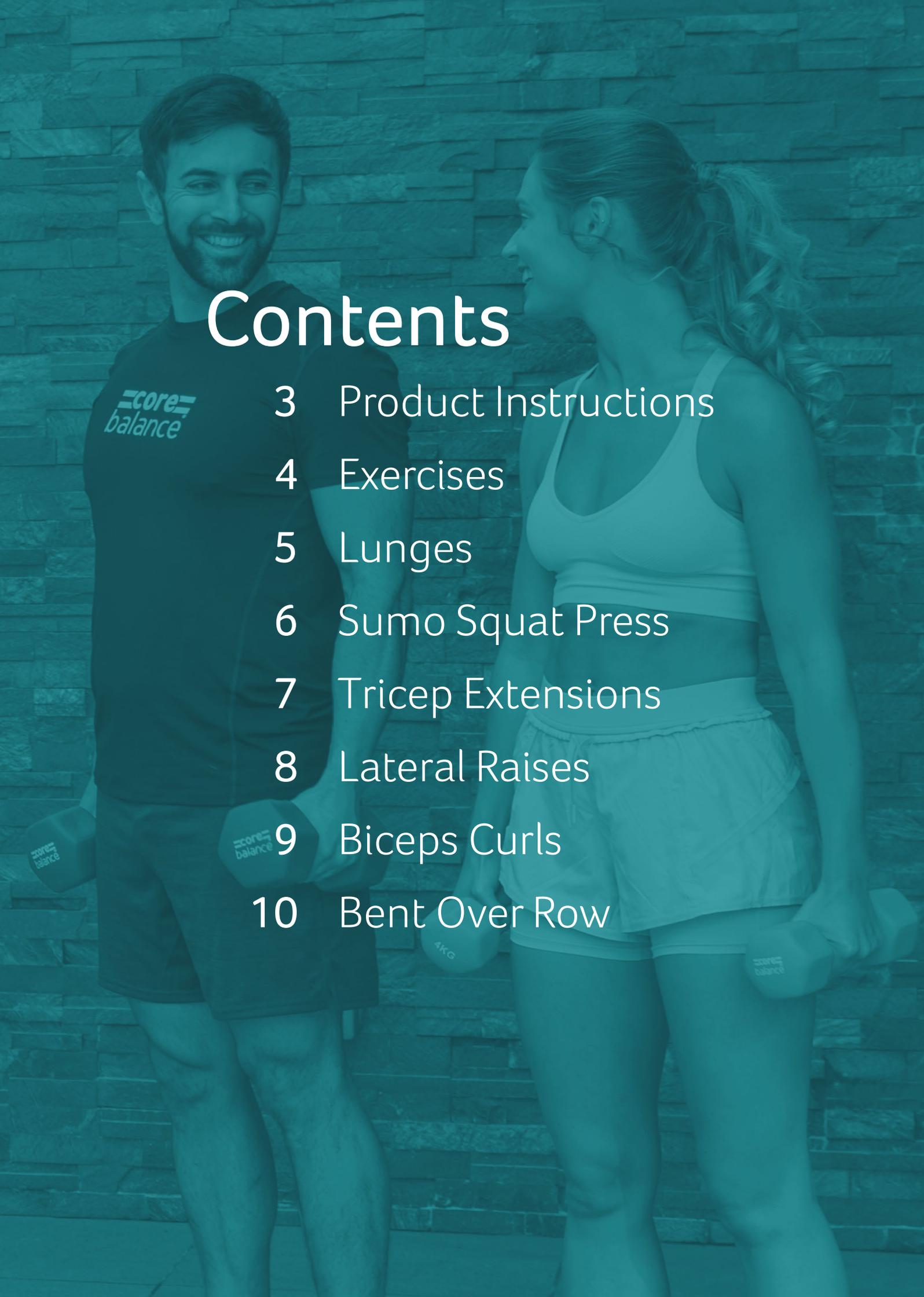
They're also extremely versatile if you choose to work out with different weights. The exercises within the ebook have been selected because they demonstrate exercises that can really make the most of your dumbbell weight.

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.

Whether you choose to exercise at home, the gym or when you are on your travels, our products and ebooks are designed to be portable so you can work out wherever life takes you.

Best wishes

The Core Balance Team



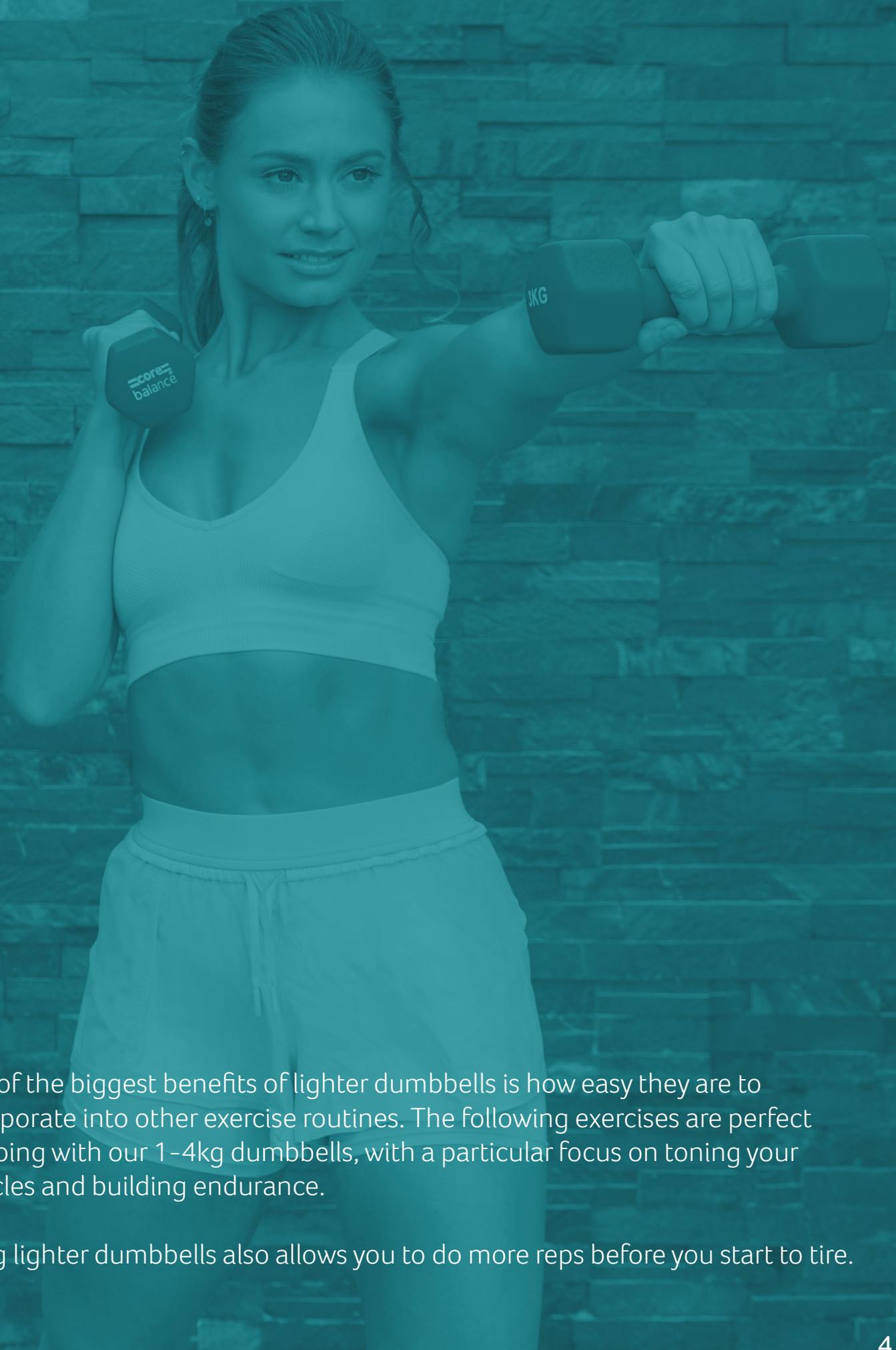
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Please read these instructions prior to use.

- 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



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 our 1-4kg dumbbells, with a particular focus on toning your muscles and building endurance.

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

Lunges

Lunges are perfect for developing your legs and glutes. Holding dumbbells when you're doing them creates greater resistance to intensify your workout and maximise the results.

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

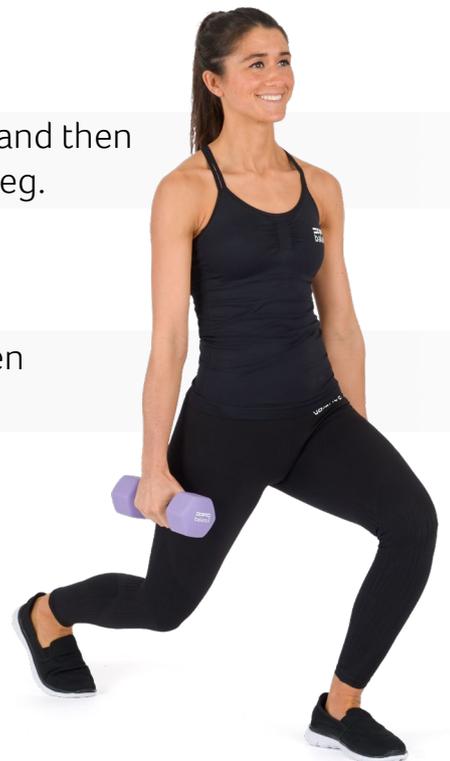
2. Ensure your arms are hanging by your side, your fingers are on the outside of the dumbbells and your palms are facing your thighs. This is known as the hammer grip.

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.

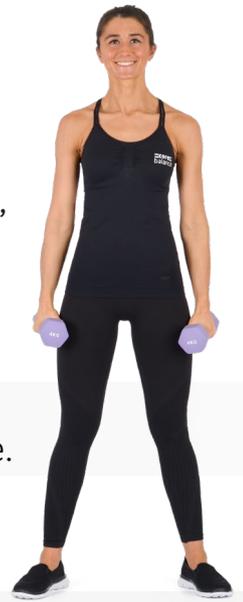
5. Step back to your starting position and then repeat the motion with your other leg.

6. Do 2 to 3 sets of 10 reps to begin with, then work up to 3 to 5 sets of 10 reps.



Sumo Squat Press

Presses can be incorporated into a range of exercises, including squats. The sumo squat press is a lower-body workout which is great for working your shoulders, glutes, quads and hamstrings.



1. Stand with your feet slightly wider than shoulder width apart and point your toes 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.



4. Ensure that your core is engaged whilst squatting and that your knees are in line with your toes.



5. As you stand up to your starting position, press the dumbbells up towards the sky and gently squeeze your glutes.

6. 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.

7. Do 2 to 3 sets of 10 reps to begin with, then work up to 3 to 5 sets of 15 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 10 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. Place your arms at a 45-degree angle in front of you, make sure to keep your elbows tucked into your sides.
3. 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.
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.



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.



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