

WITH BELLS ON

Get a quick muscle-building, fat-burning workout with the humble dumbbell.

The dumbbell is arguably the most versatile item in your training tool kit, and that's why it's so useful for a one-kit workout. "Dumbbells are great training tools because they allow you to develop several different elements of fitness," says personal trainer Adam White (awpts.co.uk). "You can use them to increase strength and power and you can use them to develop stability, because you have to control their movement."

This workout begins with an explosive move, the snatch, that will test your balance and co-ordination. It's a tough move even with a light weight because the movement is so big. The Romanian deadlift to press will work the entire back of your body and your shoulders. The final three moves will test your mid-section in different ways because you're working your abs and core from multiple angles in different positions.

HOW TO DO THE WORKOUT	BEGINNER	INTERMEDIATE	ADVANCED
Sessions per week	3	4	4
Length of session	15 min	20 min	24 min
Reps of each move	12	15	20
Circuits	4	4	5
Rest between circuits	2 min	90 sec	1 min

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What weight?
 Beginner **8kg**
 Intermediate **12kg**
 Advanced **16kg**

1 Snatch

Start with the dumbbell between your legs. Straighten your legs then snap your hips through, dropping under the dumbbell before standing up.



2 Romanian deadlift to press

● Send the dumbbell down the front of your leg before straightening up, rowing the weight up to your shoulder and pressing it overhead.



A



B

3 Around the world

● Move the dumbbell in an arc out to the side. Swap hands at the top, then continue until you have completed a full circle.



B



A

4 Woodchop

● Start with your knees bent and the dumbbell outside one thigh. Move the weight up and across your body by straightening your legs and rotating your torso.



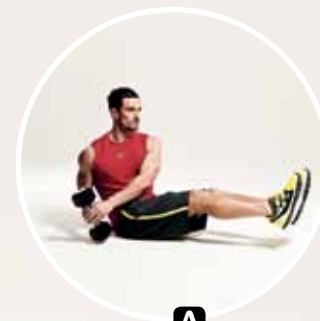
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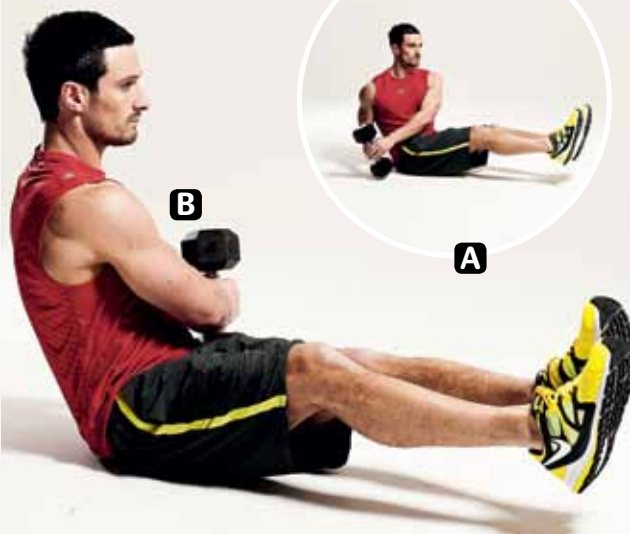
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5 Seated Russian twist

● Sit on the floor with your legs straight and raised slightly. Holding the dumbbell in both hands, move it from one side of your body to the other by rotating your torso.



A



B