

ULTRA WELLNESS PROGRAM

DUMBBELL TRAINING FOR FAT LOSS

THE BEST 4-WEEK PROGRAM
YOU CAN DO AT HOME

DUMBBELL TRAINING FOR FAT LOSS

A common misconception in the training industry these days is that you need access to extensive training equipment; reverse hypers, roman chairs, cable crossovers, leg curl machines, safety squat bars, platforms etc etc.

Don't get me wrong, these luxury items are great to have and can prove to be essential for the seasoned trainee looking to make long term gains, but for the majority of you reading this, having a few sets of dumbbells and an adjustable bench can give you better results than you probably think.

There are quite a few advantages to dumbbell training. First off, they provide an easier pathway for natural movement. For someone who is new to training or has some pre-existing mobility issues, dumbbells are a great way to introduce themselves into proper movement patterns while still stimulating the muscles enough to see some gains. Secondly, dumbbell training is very practical. Whether it's at the gym during peak hours and there aren't any bench presses available, or if you're short on time and need to workout at home, dumbbells can provide the solution.

It's widely accepted that training with dumbbells can build strength, but the notion that dumbbell training can burn fat faster than regular cardio still faces some resistance.

You've heard of the after-burn, right? Well, if not, all it refers to is a post workout calorie burn that continues after your training session. It's pretty significant and has been shown to burn an additional 200 calories after you've completed your last rep. This "after-burn" is also known as "excess post-exercise oxygen consumption" or (EPOC for short). It also leaves your metabolism revved up and running on high for up to 14 hours. This is good news if fat loss is your goal.

Sure, doing sprints at the park, intervals on a spin bike, or incline bouts on a treadmill can all work and yield this "after-burn" effect, but can a dumbbell training program do the same?

YES.

In fact, this study shows how utilizing strength training, particularly super-setting (performing two exercises back to back) may keep the metabolism going long after you're workout is done.

Additionally, by training with dumbbells in a high intensity fashion, you're also going to force your body to produce higher amounts of lactic acid in your blood. The result is a release of more natural growth hormone; growth hormone is a key factor in your bodies ability to positively manage body-fat.

However, it's important to highlight that lactic acid is one of the key “ingredients” that you want your body to produce in order to maximize the release of GH. When the body detects large amounts of lactic acid in the blood stream, growth hormone is secreted in response.

Before we get into the workout, lets go over the movements...

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Position 1



GOBLET SQUAT

VIDEO

Kettlebells get all the attention with this movement, but I prefer to do them with a dumbbell. It feels better to me, and it takes the pressure of the grip and elbows. The goblet squat is hugely overrated in my opinion, particularly for beginner trainees and for those who have mobility issues can't yet squat properly with a barbell. The goblet squat isn't only for the beginner, either. If you've got some miles under your belt in the weight room, try adding these as a finisher to your leg day workout.

Position 2



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Position 1



ONE-ARM BENT OVER ROW

VIDEO

A timeless pulling movement that will always stand the test of time. When done properly, this is one of the "best bang for your buck" pulling movements out there. The row is intended to work multiple parts of your back; your lats, rhomboids, lower traps, erector spinae and forces some stabilization from the rotator cuff as well.

Position 2



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Position 1



STRAIGHT LEG DUMBBELL DEADLIFT

VIDEO

This is one of the best ways to build your hamstrings. It's also one of the best ways to increase flexibility in your hammies as well. Keep a flat back and push your hips back to really focus on the hamstrings.

Position 2



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Position 1



FLAT BENCH DUMBBELL PRESS

VIDEO

The main benefits of dumbbell presses, as to opposed to a barbell press, is using dumbbells in this manner allows for a greater stretch at the bottom and a better contraction at the top. I've found that dumbbells also provide sufficient alternative for pressing for those who have shoulder issues.

Position 2



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Position 1



DUMBBELL LUNGES

VIDEO

A great alternative for those who have problems squatting, but still want to build up their lower body. Short forward steps will focus on the quads while longer reverse lunges will target hamstrings and glutes. Either version is a great dumbbell exercise.

Position 2



DUMBBELL TRAINING FOR FAT LOSS

Position 1



DUMBBELL PRESS

VIDEO

While bench pressing and all its variations get the glory when it comes to pressing, taking some dumbbells overhead will always prove to be one of the best pressing exercises for upper body development. "The lost art of overhead pressing," seems to be popping up more and more, even though this exercise stands alone in the development of your shoulders, traps and tri-ceps. Moreover, the press is a great conditioner for your abs and lower back. Why wouldn't you do this movement?

Position 2



THE WORKOUT

This workout consists of 3 super-sets, resting 60-90 seconds between each completed set. Perform this workout 3 days a week. This workout is designed to be superesetted between movements as marked. For example, complete a set of A1 then move immediately to A2 and complete a set with no rest in the transition. That completes one set. Rest 60-90 seconds between sets. Do 3 sets of each pairing.

- A1 Goblet squat 3 x 10-12
- A2 One-Arm Dumbbell Row 3 x 10-12 (each arm)

- B1 Dumbbell RDL 3 x 10-12
- B2 Flat Bench DB Press 3 x 10-12

- C1 Dumbbell Reverse Walking Lunge 3 x 20 (each leg)
- C2 Dumbbell Standing Press 3 x 10-12

Perform this 3 days week. With at least one day of rest between sessions.

Pick one endurance medium
Twice a week you’ll do cardio. Pick your poison and follow the duration below.

EXERCISE	SETS	REPS
Run	1	30 minutes
Bike	1	45 minutes
Swim	1	20 minutes