














30 Minute Upper Body Dumbbell Workout – Ladder Routine







**consult a physical before starting an exercise program*

Have you been neglecting your upper body strength? Getting Bored? Only have 30 minutes to exercise? Remember to see results you need to shake up your routine with different exercises or different ways of doing those exercises. Take these familiar exercises but try doing them in a ladder style. Do 1 rep, pause, 2 reps, pause, 3 reps pause etc. until you reach either 6 or 8 reps depending on the dumbbells you have available and your fitness level. You perform each exercise only once. Enclosed are ideas to do for the pause so you can add in a few more muscle groups on your “rest”.

Warm up for 5 minutes with arm circles, waist twists, shoulder rolls and other upper body movements.

EXERCISE	REST EXERCISE	DESCRIPTION
		<p>Double arm bent over row – holding a weight in each hand, hinge at the waist and pull both elbows towards your back with arms close to body. Between each rep(s) stand up and do 1 squat, sitting back on heels with arms at sides. While reps increase on the rows, the squat or “rest” is only 1 rep.</p>
		<p>Overhead Shoulder Press – Engaging your core with palms facing either towards each other OR facing forward, press overhead. On the “rest” drop hands to in front of chest and do 1 wide leg squat straight down and straight up.</p>
		<p>Standing lateral deltoid raises – try a lighter than usual weight the first time as this will be a lot of reps. Raise slightly bent arms up to shoulder level. Pause/rest is a deadlift while still holding the weights.</p>

EXERCISE	REST EXERCISE	DESCRIPTION
		<p>Push-ups – Any variation of a push-up</p> <ul style="list-style-type: none"> • From a counter-top edge • From your knees • Full, from a plank position <p>Narrow arms or wide It is also fine to change your push-up style as the reps get longer.</p>
	<p>Stand up straight and take 1 breath</p>	<p>Back Flye – Bent over hinge at the waist, make a big circle with elbows up high as you pull your elbows back behind you and squeeze shoulder blades together. The rest is just to stand up straight between ladder increases.</p>
		<p>Chest Flye – laying on the ground with both feet up in the air perform chest flye bringing arms up in a semi circle over your chest. When arms are down and elbows on ground lower one or two legs once as your rest.</p>
		<p>Triceps Skull Crushers – still laying on your back, but with your legs bent in a table-top position, hold both wts straight up and keeping elbows still lower your weights to beside your ears and press up with effort. Rest by putting elbows to the ground and lowering both heels to the ground once.</p>
		<p>Water Break – Remember you can drink water while you workout and if you haven't so far.....please take a short water break.</p>

		<p>Kneeling Bicep Curls – In a kneeling position with a wt in each hand, position elbows touching waist and open arms so they are in a v position. Perform the curls bringing hands towards shoulders while keeping elbows on waste. On the pause/rest sit back bringing your butt towards your heels and drop hands to sides.</p>
		<p>Triceps Overhead Ext – Standing, hold 1 heavy weight or 2 dumbbells together, pointing elbows forward. Extend arms straight up overhead and lower to a 90-degree level. On the rest – hold weights straight up and extend one leg up to waist height to engage core. Alternate legs between ladders.</p>
		<p>Core Bonus Round – Alternate bicycles with or without a mini band. 1 rep is 1 elbow to right knee and 1 elbow to left knee. The “rest” is one reverse curl...not really a rest except for your neck if you choose to put your head down on the mat between bicycle rounds</p>

While this is called an upper body workout you can see that there is a bit of lower body and core thrown in. Take 5 to 10 minutes to stretch and cool down after this workout. Once you have run through this workout and know what to expect, try it again and have the hand weights you require ready to go.

Have questions or need help with technique or motivation? Book a virtual personal training session by contacting personaltraining@curtishealth.com

