

A full-page photograph of a fit man with short blonde hair, smiling broadly. He is shirtless and wearing bright blue athletic shorts with a small Under Armour logo on the left leg. He is holding two black hexagonal dumbbells. One is held behind his head with his right arm, and the other is held in his left hand, resting against his hip. The background is a plain, light grey concrete wall. In the top left corner, there is a black rectangular box with the word 'WORKOUT' in white capital letters.

WORKOUT

DO MORE WITH DUMBBELLS

SWITCH ON **YOUR GAINS** BY COMPLETING
THIS DUMBBELL CIRCUIT

PHOTOS: JAMES PATRICK **MODEL:** PARKER COTE

Dis-Chem **LIVING FIT**

ARE YOU LOOKING FOR A QUICK AND CONVENIENT APPROACH TO GET IN A FULL-BODY WORKOUT? TRY A HIGH-INTENSITY DUMBBELL CIRCUIT.

IT'S A HIGHLY EFFECTIVE AND EFFICIENT WAY TO TRAIN – YOU ONLY NEED ONE SET OF DUMBBELLS AND THERE IS NO REST BETWEEN STATIONS. IT ALSO INCORPORATES MULTIPLE COMPLEX COMPOUND MOVES, THE COMBINATION OF WHICH KEEPS YOUR HEART RATE ELEVATED TO BURN AS MANY CALORIES

FULL-BODY WORKOUT BENEFITS

A STUDY CONDUCTED BY RESEARCHERS FROM MCMASTER UNIVERSITY IN ONTARIO, CANADA AND PUBLISHED IN THE AMERICAN JOURNAL OF CLINICAL NUTRITION, FOUND THAT WHEN PARTICIPANTS REDUCED THEIR CALORIE INTAKE BY 40%, BUT SHIFTED THEIR MACRONUTRIENT RATIO TO 35% PROTEIN, 15% FAT AND 50% CARBS, THEY WERE ABLE TO SHED FAT AND ADD MUSCLE DURING FOUR WEEKS OF A SIX-DAY-A-WEEK HIGH-INTENSITY PROGRAM THAT CONSISTED OF FULL-BODY WEIGHT TRAINING CIRCUITS, HIGH-INTENSITY INTERVALS OR A SERIES OF PLYOMETRIC EXERCISES.

AS POSSIBLE, WHILE ALSO DELIVERING CARDIOVASCULAR FITNESS, MUSCLE-BUILDING AND STRENGTH BENEFITS.

CIRCUITS ALSO OFFER OPPORTUNITIES TO STRUCTURE YOUR WORKOUTS IN DIFFERENT WAYS TO KEEP TRAINING INTERESTING. YOU CAN WORK ACCORDING TO VOLUME WITH A TARGET NUMBER OF REPS OR YOU CAN WORK BASED ON TIME INTERVALS. IN THIS FULL-BODY DUMBBELL CIRCUIT, WE'RE GOING TO COMBINE BOTH TO MIX THINGS UP.

THE BASICS:

PERFORM EACH REP AT A MODERATELY FAST TEMPO WITHOUT SACRIFICING FORM. DON'T REST BETWEEN CIRCUIT STATIONS. COMPLETE ALL THE STATIONS, TAKE A 60-SECOND RECOVERY BREAK AND THEN REPEAT ACCORDING TO THE WORKOUT STRUCTURE.



THE MOVES

1. Dumbbell front squats
2. Lateral raises
3. Dumbbell upright rows
4. Standing overhead tricep extensions
5. Alternating bicep curls

Finisher: Dumbbell walking lunges



THE WORKOUT

CIRCUIT 1: Reps for time – perform 15 reps of each exercise as quickly as possible without sacrificing form.

CIRCUIT 2: Work out for 60 seconds at each station before moving to the next.

CIRCUIT 3: Reps for time – perform 20 reps of each exercise as quickly as possible without sacrificing form – try to match your time from circuit #1.

CIRCUIT 4: Work out for 90 seconds at each station before moving to the next.



FORM TIP:
KEEP YOUR
ELBOWS
POINTING
FORWARD,
YOUR BACK
STRAIGHT
AND YOUR
KNEES
POINTED IN
THE SAME
DIRECTION AS
YOUR FEET.

MOVE 1 ■ DUMBBELL FRONT SQUATS

A. Stand holding dumbbells in both hands with a neutral grip. Position the dumbbells in front of your shoulders. **B.** Squat down by bending your knees and hinging your hips to drop your glutes back and down. Descend until your thighs are just past parallel to the floor. Extend your knees and hips to return to the upright position.

MOVE 2 ■ LATERAL RAISES

FORM TIP: KEEP YOUR ELBOWS HIGHER THAN YOUR WRISTS TO MAINTAIN TENSION ON THE TARGETED PART OF THE SHOULDER.

Lift your arms out to your sides until they are parallel to the floor. Maintain a slight bend in your elbows throughout the movement. Reverse the movement and repeat.



FORM TIP: LEAD WITH YOUR ELBOWS AND KEEP THE DUMBBELLS CLOSE TO YOUR TORSO. KEEP YOUR CHEST HIGH.

MOVE 3

■ DUMBBELL UPRIGHT ROWS

Hold the dumbbells with your palms facing towards you. With your feet positioned shoulder-width apart and a slight bend in the knees, pull the dumbbells up. Lift the dumbbells until they're near your chin. Keep your elbows as high as possible throughout the entire movement. *Slowly return the dumbbells back to the starting position and repeat for the required reps.*



STRENGTH TRAIN LIKE A PRO

1 Focus on breathing
Don't hold your breath during lifts. General guidelines dictate that you breathe in during a lift's eccentric (lengthening) phase and breathe out during the concentric (contraction) phase, which is often the most difficult part of the exercise. Breathing in this manner during exercise is crucial to deliver oxygen to working muscles. It also creates greater trunk stability during the toughest part of the lift, as breathing out engages your respiratory muscles. **A powerful exhalation can also help you generate more force during heavy lifts. As your breathing improves, so will your performance.**

2 Supplement for strength
Fuel optimum strength levels with supplements that give your body the nutritional boost it needs to perform. Creatine is commonly used by strength athletes for its proven ability to increase ATP production, which provides the energy needed for explosive lifts. In addition, protein supplements, citrulline malate, amino acids (BCAAs and EAAs) and ZMA are highly recommended for anyone serious about making strength gains and taking their performance in the gym to the next level.



STRENGTH TRAIN LIKE A PRO



3 Incorporate training aids

You can use various training aids during a lifting session to support your lifting efforts and decrease injury risk. A popular aid is a kidney belt, which supports the lower back and keeps the core tight under massive loads. Wrist and knee wraps and knee and elbow sleeves are worth considering if these are problematic

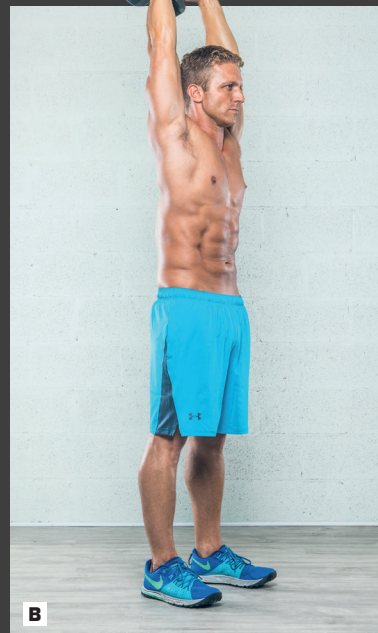
areas. The correct training shoes are also essential. Strength athletes benefit from more stability and greater power generation when their feet are flat and close to the ground. While training barefoot may seem extreme, there are specialised zero-drop (flat) athletic shoes available from manufacturers like Vibram Fivefingers or Altra, otherwise a pair of Vans or Converse offer a solid and flat base.

MOVE 4 ■ STANDING OVERHEAD TRICEP EXTENSIONS

FORM TIP:
MAINTAIN A
FIXED ELBOW
POSITION
DURING THE
EXTENSION.

A Lift both dumbbells overhead – your palms should face each other in the fully extended position.

B Flex your elbows to lower the dumbbells down behind your head. Extend them back up to complete one rep.





A



B

MOVE 5 ■ ALTERNATING BICEP CURLS

FORM TIP: KEEP YOUR ELBOWS TUCKED IN TO YOUR SIDES DURING THE CURL.

With your arms extended at your sides and palms facing in, curl one dumbbell up towards your chest, rotating your forearm until it is vertical. Reverse the movement to slowly lower the dumbbell. Alternate arms.



WARM-UP: INCREASES BLOOD FLOW AND CORE BODY TEMPERATURE, WHICH PREPARES THE BODY FOR THE PHYSICAL EXERTION.

STRENGTH TRAIN LIKE A PRO

4 Warm up and cool down to improve performance and recovery

Avoid injury by warming up muscles and joints prior to strength training. For lower-body workouts, 10 minutes of cardio on the bike is highly beneficial. This activity increases blood flow and core body temperature, which prepares the body for the physical exertion to follow. Combine this with mobility and dynamic stretching to

activate the neuromuscular system for better lifts and reduced injury risk. A great warm-up option for upper body exercises is to take a medicine ball and press it against a wall. With your arm straightened and pressure applied, write out the letters of the alphabet. This warms up the rotator cuffs and the wrists. Foam rolling after a workout can boost your recovery rate by aiding lymph and exercise metabolite drainage and keeping tissues supple.



FINISHER

■ DUMBBELL WALKING LUNGES

A Hold the dumbbells at your sides as you take a big step forward with one leg. Land on your heel and then your forefoot. **B** Lower your body by flexing the knee and hip of your leading leg, until the knee of your rear leg almost makes contact with the floor. Extend the knee and hip of your leading leg and push off the floor with your trailing leg to stand back up. Continue the movement in a fluid motion by swinging the trailing leg through to perform a forward lunge with it. Continue by alternating legs with each lunge.



The journey of a thousand miles begins with **one lunge**

STRENGTH TRAIN LIKE A PRO



Rest to recover

5 Your rest periods between sets should be long enough to promote full recovery when training for strength. Your primary energy system needed for super-heavy lifts is the ATP-Phosphocreatine system (ATP-PC) – that's why we recommend a creatine supplement in point #4. It takes at least three minutes to fully recover (convert ADP back into usable ATP) after a heavy set. The general guideline for rest between powerlifting, one rep max or strength sets is therefore 3-5 minutes. This will allow you to perform the next set with max effort. **LF**