

## **Dumbbell Training For Strength and Fitness**

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**Oct. 9, 2009** - [PRLog](#) -- Get ready because you are about to discover how to get more fat burning and lean muscle building results in less time with dumbbell training for strength and fitness.

Having spent almost 10 years in a gym, I have discovered what I consider a universal truth: most gym-goers, and even individuals who workout at home with dumbbells and home workout equipment, do not use the best exercises or training methods to get the results they are after.

Now it's not their fault because most of the time they are following advice from TV, magazines, and websites that give them faulty information that is designed to do nothing but convince them to buy expensive, worthless supplements.

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So, if you are ready to finally get more body transforming results in minimum time, then follow these simple tips and try the workout at the end of this article.

### **Thou Shalt Use Thy Best Exercises**

This is the biggest and most common mistake people make. They only focus on isolation exercises such as dumbbell curls, kick-backs, lateral raises, and flys.

The best exercises that you can use to get more results in less time are big, compound exercises that work a lot of muscle at one time.

Here is a brief list of some of the best dumbbell (and body weight) exercises.

#### **Lower Body**

-Dumbbell Swings

-Dumbbell Squats

-Dumbbell Deadlifts

-Dumbbell Bulgarian Split Squats

-Dumbbell Lunges

-One Leg Squats

-Jump Lunges/Squats

#### **Upper Body (Chest/Shoulders/Triceps)**

-Standing Dumbbell Overhead Press

-Dumbbell Push Press

-Dumbbell Floor Press

-Dumbbell Bench Press

-Parallel Bar Dips

-Push-ups

Upper Body (Back/Biceps)

-Dumbbell Row

-Dumbbell Pullover

-Dumbbell Renegade Row

-Chin-ups

-Inverted Rows

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Those dumbbell and body weight exercises will allow you to burn fat at a rapid rate and build lean, sexy, fat burning muscle in minimum time. Focus your efforts on those exercises (and their many variations) and you will be very well rewarded.

**Thou Shalt Use Circuit Training**

Circuit training has gotten a bad rap over the past few years. The truth is that they are an excellent way for getting in great body transforming workouts in minimum time, and they are the most effective method to use for burning body fat and even sculpting lean muscle.

It doesn't matter if your primary goal is to burn fat, build muscle, or get stronger - you can use circuits to accomplish your goals.

**Thou Shalt Use Different Repetition Ranges**

A huge mistake people make is only training in one repetition range. For example, whenever someone has the goal of "getting cut" or "toned" they automatically train exclusively with "light weights for high reps". This is a huge mistake. Different repetition ranges have their own benefits, and therefore you should use all of them, even if your

primary goal is to burn off pounds of body fat.

**Dumbbell Training for Strength and Fitness Workout**

-Dumbbell Bulgarian Split Squat x 12 each leg

-One Arm Dumbbell Push Press x 12 each side

-Dumbbell Row with Palms Down Grip x 12 each side

Perform those exercises back-to-back, and complete as many circuits as possible in 15-30 minutes.

Yes, I know there are only three exercises, but you will hit every single muscle in your body. Furthermore, everyone would be better off if they focused their efforts on only a few, very effective, exercises. You don't need dozens of exercises to transform your body, you only need the best exercises, and they were listed above.

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