



## BeautifulFitFree - Home Workout with Dumbbells

[www.BeautifulFitFree.com](http://www.BeautifulFitFree.com) by *Lori Dee*

### Upper Body Blast

**Remember to hydrate with water or sports beverage and rest 1 to 2 minutes between rounds or as needed.**

Foam Roll Upper Body—Walk indoors/outdoors or on treadmill 5 to 6 minutes.

Do 2 to 4 Sets or Rounds of Weighted Exercises-Option to increase or decrease weight/reps each round

Exercise	Muscle Worked	Reps	Weight
<b>Overhead Press</b>	Shoulders (triceps)	8 to 12	5 to 20 lbs
<b>Bicep Curl</b>	Biceps	8 to 16	5 to 20 lbs
<b>Tricep Overhead Press</b>	Triceps	8 to 10	5 to 12 lbs
<b>Bent Over Row</b>	Back (biceps shoulders)	8 to 10	10 to 25 lbs
<b>Closer:</b> Push Ups to Plank Hold—Wall, Elevated, or Full Push Up	Chest, Shoulders (triceps)	10/6/8	3 rounds alternate with Plank Hold
Forearm Plank Hold	30 Seconds	20 Seconds	15 Seconds

### Upper Body Challenge

**Combines Boxing & weights with or without gloves & bag for Cardiovascular Work**

Walk indoors/outdoors or on treadmill 5 to 6 minutes or march in place 3 minutes, High Knees 2 Minutes

Exercise	Works	Reps	Pounds
<b>Hammer Curl to Overhead Press</b>	Shoulders, Biceps (triceps)	8 to 10	10 to 25 lbs
<b>Front to Lateral Raise</b>	Shoulders	8 Front 8 Lateral	5 to 10 lbs
<b>Fast Front Push Alternating (Jab)</b>	Upper Body & Core	20 each side	Option to use gloves or 2 to 3 lbs
<b>Fast Hooks Alternating</b>	Upper Body emphasis on oblique abs	20 each side	Option to use gloves or 2 to 3 lbs
<b>Push Ups with Shoulder Tap (Chest -Shoulders-Some triceps)</b>	Round 1 16	Round 2 8	Round 3 6
<b>Tricep Kick Backs</b>	Triceps	8 to 10	5 to 12 lbs

**Do 2 to 4 rounds - Option to end with plank holds 30/20/15. Always rest 1 to 2 minutes between rounds.**