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## Dumbbell Training Program - Advanced level



Intro

Lesson 1

### Overview:

Archers push ups, 5 times on each side, no equipment, no rest

Dumbbell chest flies on floor, until failure, dumbbell weight: bodyweight x 8%, no rest

Supine leg raises, full ROM, 10 times, no equipment, 1 minute rest

Repeat 3 sets

Dumbbell bulgarian lunges, until failure, dumbbell weight: bodyweight x 15%, no rest

Pistol squats on bench, 10 times on each side, no equipment, no rest

Tuck hollow rocks, 15 times, no equipment, 1 minute rest

Repeat 3 sets

Dumbbell seated arm curls, until failure, dumbbell weight: bodyweight x 8%, no rest

Bench dip straight legs, 10 times, no equipment, no rest

Supine criss cross, 10 times on each side, no equipment, 1 minute rest

Repeat 3 sets

Alternate reactive lunges, 10 times on each side, no equipment, 1.5-2 minute rest

Repeat 3 sets

Dumbbell weight : 每個啞鈴重量

假設 "dumbbell weight: bodyweight x 10%" , 你的體重是 50kg :

每個啞鈴重量大約是 :  $50\text{kg} \times 10\% = 5\text{kg}$

如沒有 5kg 啞鈴 , 可用最接近的重量代替。

當力量有所改善 , 可按情況增加重量或每組次數。

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new page is open  
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Lesson 2

Lesson 3

Back



There are many variations of passages of Lorem Ipsum available, but the majority have suffered alteration in some form, by injected [read more](#)

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