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Simple Dumbbell Conditioning Circuit I

The following circuit may be used as an extra conditioning workout. It is simple to implement and the athletes can perform it on their own as well.

Perform each exercise in rapid succession, completing one after another. Do not rest until stated.

Set 1

1. Dumbbell Squat
15 Reps

2. Dumbbell Bent Over Row
10 Reps

3. Dumbbell Bench Fly
10 Reps

4. Dumbbell Curl To Press
15 Reps

REST 1:30 to 2:00

Set 2

1. Push Up
15 Reps

2. Dumbbell Lunge
10 Reps Each Leg

3. Over Head Lateral Raise
10 Reps

4. Dumbbell Bench Press
15 Reps

REST 1:30 to 2:00

Set 3

1. Dumbbell Squat and Press
15 Reps

2. Dumbbell Rear Deltoid Fly
10 Reps

3. Dumbbell Straight Leg Deadlift
10 Reps

4. Alternating Dumbbell Curl
15 Reps Each Arm

REST 1:30 to 2:00

Complete the entire circuit (sets 1 through 3) for as many times as you so choose:

Level 1: Complete Sets 1-3 ONCE

Level 2: Complete Sets 1-3 TWICE

Level 3: Complete Sets 1-3 THRICE

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