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Simple Dumbbell Conditioning Circuit II

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 Split Squat
10 Reps Each Leg
2. Dumbbell Curl To Press
10 Reps
3. Dumbbell Incline Fly
10 Reps
4. Dumbbell Bent Over Row
15 Reps

REST 1:30 to 2:00

Set 2

1. Dumbbell Step Up
10 Reps Each Leg
2. Dumbbell Bench Press
10 Reps
3. Dumbbell Squat
10 Reps
4. Push Up
15 Reps

REST 1:30 to 2:00

Set 3

1. Dumbbell Squat and Press
10 Reps
2. Alternating Dumbbell Curl
10 Reps Each Arm
3. Dumbbell Straight Leg Deadlift
10 Reps
4. Dumbbell Twist Row
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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