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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](#)
10 Reps
2. [Dumbbell Curl To Press](#)
10 Reps
3. [Dumbbell Bent Over Row](#)
15 Reps
4. [Dumbbell Bench Fly](#)
10 Reps

REST 1:30 to 2:00

Set 2

1. [Dumbbell Lunge](#)
10 Reps Each Leg
2. [Push Up](#)
15 Reps
3. [Over Head Lateral Raise](#)
15 Reps
4. [Dumbbell Bench Press](#)
10 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 Rear Deltoid Fly](#)
20 Reps

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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