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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 Step Up](#)
10 Steps Each Leg
2. [Alternating Dumbbell Curl To Press](#)
10 Reps Each Arm
3. [Dumbbell Rear Deltoid Fly](#)
20 Reps
4. [Dumbbell Incline Fly](#)
10 Reps

REST 1:30 to 2:00

Set 2

1. [Dumbbell Walking Lunge](#)
10 Steps Each Leg
2. [Push Up Twist](#)
10 Reps Each Way
3. [Over Head Lateral Raise](#)
15 Reps
4. [Dumbbell Incline Press](#)
10 Reps

REST 1:30 to 2:00

Set 3

1. [Bulgarian Dumbbell Squat](#)
10 Reps Each Leg
2. [Dumbbell Curl To Press](#)
10 Reps
3. [Dumbbell Straight Leg Deadlift](#)
10 Reps
4. [Dumbbell Bent Over Row](#)
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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