

DUMBBELL EXERCISES

Shoulders & Arms

www.productivefitness.com

Force Stabilization

Force stabilization exercises are designed to improve the body's ability to maintain a stable posture while performing a task. These exercises are essential for improving balance, coordination, and overall strength. They are particularly beneficial for individuals who are recovering from injury or those who are looking to improve their athletic performance.



Shoulder Press



Stand with feet shoulder-width apart, holding dumbbells at shoulder height. Press the dumbbells overhead until the arms are fully extended. Lower the dumbbells back to the starting position.

Standing Side Raise



Stand with feet shoulder-width apart, holding dumbbells at your sides. Raise the dumbbells out to the sides until the arms are parallel to the floor. Lower the dumbbells back to the starting position.

Shoulder Shrug



Stand with feet shoulder-width apart, holding dumbbells at shoulder height. Shrug the shoulders up towards the ears. Lower the shoulders back to the starting position.

Seated Incline Dumbbell Rows



Sit on an incline bench, holding dumbbells with both hands. Pull the dumbbells up towards the chest. Lower the dumbbells back to the starting position.

Screwdriver



Stand with feet shoulder-width apart, holding a dumbbell with both hands. Twist the torso to the right, keeping the feet flat on the floor. Return to the starting position and repeat on the other side.

Feet Minor Punch



Lie on your back with knees bent and feet flat on the floor. Lift the hips off the floor, forming a straight line from the shoulders to the knees. Lower the hips back to the floor.

Lying Single Arm Flys



Lie on your back with one arm extended straight out to the side. Lift the arm off the floor, keeping it straight. Lower the arm back to the floor.

Alternating Front Dumbbell Raises



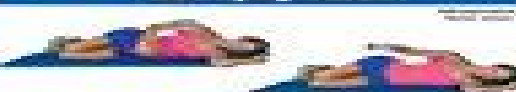
Stand with feet shoulder-width apart, holding dumbbells at the knees. Raise the right dumbbell straight out in front of you. Lower it and then raise the left dumbbell. Alternate between the two sides.

Standing Bent-Over Flys



Stand with feet shoulder-width apart, leaning forward at the hips. Lift the arms out to the sides, keeping them straight. Lower the arms back to the starting position.

Side Lying Neutral



Lie on your side with knees bent and feet flat on the floor. Lift the hips off the floor, forming a straight line from the shoulders to the knees. Lower the hips back to the floor.

Side Lying with Arm Braced



Lie on your side with one arm braced against the floor. Lift the hips off the floor, forming a straight line from the shoulders to the knees. Lower the hips back to the floor.

Prone External Rotation



Lie on your stomach with knees bent and feet flat on the floor. Lift the hips off the floor, forming a straight line from the shoulders to the knees. Lower the hips back to the floor.

Seated Tricep Press



Sit on a bench, holding a dumbbell with both hands. Press the dumbbell up towards the ceiling. Lower the dumbbell back to the starting position.

Kickback



Stand with feet shoulder-width apart, leaning forward at the hips. Lift the arms straight back. Lower the arms back to the starting position.

Overhead Tricep Press



Stand with feet shoulder-width apart, holding a dumbbell with both hands overhead. Press the dumbbell up towards the ceiling. Lower the dumbbell back to the starting position.

Wrist Curl



Sit on a bench, holding a dumbbell with one hand. Curl the wrist up towards the ceiling. Lower the wrist back to the starting position.

Reverse Wrist Curl



Sit on a bench, holding a dumbbell with one hand. Curl the wrist down towards the floor. Lower the wrist back to the starting position.

Alternating Hammer Curl



Sit on a bench, holding dumbbells with both hands. Curl the dumbbells up towards the chest. Lower the dumbbells back to the starting position.

Standing Bicep Curl



Stand with feet shoulder-width apart, holding dumbbells at the knees. Curl the dumbbells up towards the chest. Lower the dumbbells back to the starting position.

Incline Bicep Curl



Sit on an incline bench, holding dumbbells with both hands. Curl the dumbbells up towards the chest. Lower the dumbbells back to the starting position.

Concentration Curl



Sit on a bench, holding a dumbbell with one hand. Curl the dumbbell up towards the chest. Lower the dumbbell back to the starting position.

Types of Training

There are three main types of training: strength training, cardiovascular training, and flexibility training. Each type of training has its own benefits and can be combined to create a well-rounded fitness program.

Safety

Always use proper form and technique when performing exercises. Start with a light weight and gradually increase as you become more comfortable. If you experience any pain or discomfort, stop the exercise immediately.

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