

myFitness Waterloo

*8-Week
Dumbbell
Training
Program*

Total Body Home Transformation Program

All materials provided are for educational purposes only, and is not to be used for medical advice, diagnosis or treatment. Always consult your physician before beginning any exercise program. You should be in good general and physical health prior to starting this or any other fitness program.

WELCOME to the 8 Week Dumbbell Training Program. This program is designed to progress throughout the 8 weeks. You'll notice that although difficult throughout, the program increases in intensity as the weeks progress. This program does require the use of dumbbells or weights of some kind.

Each exercise has a range of repetitions. You should aim for the highest amount, based on the weights you have access to, for each exercise. This means for one you might hit the higher reps, and the next you hit the lower reps. That is okay, the idea is to start moving through some strength workouts and finding which weight you can perform each move with.

Don't forget, before the first workout you should take some time to complete your self evaluation to help you track progress and identify your goals.

Consider recording some measurements or taking photos to help you track progress. Here are some example of goals you could set:

- . Improve strength
- . Reduce Body Fat
- . Create a consistent weight/strength training routine
- . Improve bone mass & density
- . Challenge my mind by completing an entire fitness program
- . Get more confident using dumbbells
- . Schedule consistent time to workout at home
- . Improve body composition
- . Build core strength
- . Build upper/lower body strength
- . Become more fit than I have ever been

Weekly Workout Structure

Each week has a specific number of workouts. They will be one of the following:

Upper Body/Lower Body Workouts

This uses dumbbells' and repetitions. These are circuit based workouts. Follow the specified reps & Circuit styles listed. The last few reps should be challenging. Reps increase as the program progresses.

Cardio

These days, you do cardio on your own for the amount of time listed. You can do anything that is steady state, meaning no intervals. Each persons fitness level will differ, so steady state might be fast for some, or slower for others. You can run, hike, bike, swim, etc.

Full Body

Full body days work with straight sets. You will do all rounds of the first exercise before moving onto the next exercise. These days alternate primarily upper body moves, with lower body moves. Take your time on these days, focused on proper form and moving thoughtfully.

AMRAP

This stands for As Many Rounds As Possible. Set a time for the indicated time, and perform the exercise sets as many times as you can in the allotted time. You may rest as needed and move at your own pace. There is no amount of rounds you should expect to complete.

HIIT

High Intensity Interval Training workouts require a timer set for a set time per exercise. Do the whole circuit once, rest for the recommended time, and repeat as indicated. These workouts will be the ones that you can scale to your fitness level. High fitness level? Use longer times per exercise and little rest. Lower fitness levels can add rest times between exercises, move slower, reduce work time and increase rest between circuits.

Abs Training

All ab sessions are optional. We should be focused on engaging the core throughout all workouts. Many workouts include a core or ab exercise as well. You can add these in as you please or remove them depending on your preference.

Week #1

Upper Body

Lower Body

Cardio

WEEK #1 - Day #1

UPPER BODY

Perform each Circuit #1, 3X before moving onto Circuit #2, 3X. Rest after each round for 45-60 seconds before round two and three. Enjoy 2-3 minutes of rest before moving onto Circuit #2.

Circuit #1

1a Curl and Press	8-10 rep
1b Lateral Raises	8-10 rep
1c OH Tricep Extensions	8-10 rep
1d Bent Over Rows	8-10 rep
1e Chest Flies	8-10 rep

X3

Circuit #2

2a Front Raises	8-10 rep
2b Bicep Curls	8-10 rep
2c Tricep Kickbacks	8-10 rep
2d Back Flies	8-10 rep
2e Chest Press	8-10 rep

X3

WEEK #1 - Day #2

LOWER BODY

Perform each Circuit #1, 3X before moving onto Circuit #2, 3X. Rest after each round for 45-60 seconds before round two and three. Enjoy 2-3 minutes of rest before moving onto Circuit #2.

Circuit #1

1a Squats	8-10 reps
1b RDL	8-10 reps
1c Walking Lunges	8-10 reps
1d Step Ups	8-10 reps
1e Glute Bridges	8-10 reps

X 3

Circuit #2

2a Curtsy Lunges	8-10 reps
2b Surrenders	8-10 reps
2c Bear Crawls	8-10 reps
2d Sumo Squat Pulses	8-10 reps
2e Reverse Lunges	8-10 reps

X 3

WEEK #1 - Day #3

Cardio

Choose one of the following cardio activities and perform for 20-30 minutes.

Cardio Activites

Biking

Walking

Running

Swimming

Tennis

Soccer

Cardio Boxing

Dance

Any other cardio activity

Week #2

Upper Body

HIIT

Lower Body

Ab Training (optional)

WEEK #2 - Day #1

UPPER BODY

Perform each Circuit #1, 3X before moving onto Circuit #2, 3X. Rest after each round for 45-60 seconds before round two and three. Enjoy 2-3 minutes of rest before moving onto Circuit #2.

Circuit #1

1a Tricep Dips	8-10 rep
1b Hammer Curls	8-10 rep
1c Renegade Rows	8-10 rep
1d Chest Press	8-10 rep
1e Upright Rows	8-10 rep

X3

Circuit #2

2a Shoulder Press	8-10 rep
2b Bent Over Rows	8-10 rep
2c Tricep Kickbacks	8-10 rep
2d Push Ups	8-10 rep
2e Up & Down Planks	8-10 rep

X3

WEEK #2 - Day #2

HIIT

Perform these HIIT exercises for the time indicated. Take rest inbetween exercises as needed. Please move at your own pace for HIIT training days

Perform each move for 30 seconds each, with as little rest between the moves as possible. Rest for 60 seconds before repeating the circuit 4 times total.

1. Mountain Climbers
2. Squat Jacks
3. High Knees
4. Jumping Jacks
5. Split Squats (R for one round, L for the next)
6. Bicycle Crunches

WEEK #2 - Day #3

Lower Body

Perform each Circuit #1, 3X before moving onto Circuit #2, 3X. Rest after each round for 45-60 seconds before round two and three. Enjoy 2-3 minutes of rest before moving onto Circuit #2.

Circuit #1

1a Calf Raises	8-10 rep
1b Sumo Pulse Squats	8-10 rep
1c Romanian Deadlifts	8-10 rep
1d Reverse Lunges	8-10 rep
1e Lateral Lunges	8-10 rep

X3

Circuit #2

2a Goblet Squats	8-10 rep
2b Wall Sit	1 Minute
2c Walking Lunges	8-10 rep per side
2d Glute Bridges	8-10 rep
2e Split Squats	8-10 rep

X3

WEEK #2 - Day #4

Ab Training (Optional)

Training the abs and core should be happening on all days, when ever we do any exercise core engagement is important. Abs training days are short and optional.

Perform each move for 30-40 seconds each, with as little rest between the moves as possible. Rest for 60 seconds before repeating the circuit 3-4 times

1. Plank
2. Scissors
3. Side Plank (Right)
4. Side Plank (Left)
5. Russian Twists

Week #3

Upper Body

Lower Body

Cardio

Full Body

WEEK #3 - Day #1

UPPER BODY

Perform each Circuit #1, 2X before moving onto Circuit #2, 2X. Rest after each round for 45-60 seconds before round two. You will repeat this all again, Circuit #1, 2X and then Circuit #2, 2X. By the end you will have done each 4X.

Circuit #1

1a Scull Crushers	8-10 rep
1b Curl and Press	8-10 rep
1c Push Ups	8-10 rep
1d Back Flies	8-10 rep

X2

Circuit #2

2a Lateral Raises	8-10 rep
2b Hammer Curls	8-10 rep
2c Tricep Kickbacks	8-10 rep
2d Upright Rows	8-10 rep

X2

WEEK #3 - Day #2

LOWER BODY

Perform each Circuit #1, 2X before moving onto Circuit #2, 2X. Rest after each round for 45-60 seconds before round two. You will repeat this all again, Circuit #1, 2X and then Circuit #2, 2X. By the end you will have done each 4X.

Circuit #1

1a Goblet Squats	8-10 reps
1b Reverse Lunges	8-10 reps
1c Glute Bridges	8-10 reps
1d Romanian Deadlifts	8-10 reps

X 2

Circuit #2

2a Step Ups	8-10 reps
2b Split Squats	8-10 reps/side
2c Cursty Lunges	8-10 reps
2d Sumo Squats	8-10 reps

X 2

WEEK #3 - Day #3

Cardio

Choose one of the following cardio activities and perform for 20-30 minutes.

Cardio Activities

Biking
Walking
Running
Swimming
Tennis
Soccer
Cardio Boxing
Dance
Any other cardio activity

WEEK #3 - Day #4

FULL BODY

Full body days will be some in straight set format. This means you do one exercise for the recommended reps, rest and repeat for 3 total rounds before moving onto the next exercise.

Full Body

1. Push Ups	8 - 10 reps	X3
2. Squats	8 - 10 reps	X3
3. Curl and Press	8 - 10 reps	X3
4. Up & Down Planks	8 - 10 reps	X3
5. Thrusters	8 - 10 reps	X3

Week #4

Upper Body

Lower Body

HIIT

Ab Training (optional)

Full Body

WEEK #4 - Day #1

UPPER BODY

Perform each Circuit #1, 2X before moving onto Circuit #2, 2X. Rest after each round for 45-60 seconds before round two. You will repeat this all again, Circuit #1, 2X and then Circuit #2, 2X. By the end you will have done each 4X.

Circuit #1

1a Bent Over Row	10-15 rep
1b Tricep Kick Back	10-15 rep
1c Bicep Curl	10-15 rep
1d Shoulder Press	10-15 rep

X2

Circuit #2

2a Front/lateral Raise	10-15 rep
2b Chest Press	10-15 rep
2c OH Tricep Extension	10-15 rep
2d Renegade Rows	10-15 rep

X2

WEEK #4 - Day #2

LOWER BODY

Perform each Circuit #1, 2X before moving onto Circuit #2, 2X. Rest after each round for 45-60 seconds before round two. You will repeat this all again, Circuit #1, 2X and then Circuit #2, 2X. By the end you will have done each 4X.

Circuit #1

1a Pulse Goblet Squats	10-15 rep
1b Walking Lunges	10-15 rep
1c Step Ups	10-15 rep
1d Glute Bridges	10-15 rep

X 2

Circuit #2

2a Sumo Squats	10-15 rep
2b Lateral Lunges	10-15 reps/side
2c Surrenders	10-15 reps/side
2d Split Squats	10-15 reps/side

X 2

WEEK #4 - Day #3

HIIT

Perform these HIIT exercises for the time indicated. Take rest inbetween exercises as needed. Please move at your own pace for HIIT training days

Perform each move for 30 seconds each, with as little rest between the moves as possible. Rest for 60 seconds before repeating the circuit 4 times total.

1. Mountain Climbers
2. Squat Jacks
3. High Knees
4. Jumping Jacks
5. Split Squats (R for one round, L for the next)
6. Bicycle Crunches

WEEK #4 - Day #4

Ab Training (Optional)

Training the abs and core should be happening on all days, when ever we do any exercise core engagement is important. Abs training days are short and optional.

Perform each move for 30-40 seconds each, with as little rest between the moves as possible. Rest for 60 seconds before repeating the circuit 3-4 times

1. V-Sits
2. Crunches
3. Scissors
4. Sea Saw Planks
5. Toe Touch Crunches

WEEK #4 - Day #5

FULL BODY

Full body days will be some in straight set format. This means you do one exercise for the recommended reps, rest and repeat for 3 total rounds before moving onto the next exercise.

Full Body

1. Curl and Press	8 - 10 reps	X3
2. Squat Pulses	8 - 10 reps	X3
3. Push Ups	8 - 10 reps	X3
4. Walking Lunges	8 - 10 reps	X3
5. Renegade Rows	8 - 10 reps	X3

Week #5

Upper Body

Lower Body

AMRAP

Ab Training (optional)

WEEK #5 - Day #1

UPPER BODY

Perform each Circuit #1, 2X before moving onto Circuit #2, 2X. Rest after each round for 45-60 seconds before round two. You will repeat this all again, Circuit #1, 2X and then Circuit #2, 2X. By the end you will have done each 4X.

Circuit #1

1a Back Flies	10-15 rep
1b Chest Flies	10-15 rep
1c Hammer Curls	10-15 rep
1d Scull Crushers	10-15 rep

X2

Circuit #2

2a Tricep Kickbacks	10-15 rep
2b Lateral Raises	10-15 rep
2c Upright Rows	10-15 rep
2d Supermans	10-15 rep

X2

WEEK #5 - Day #2

LOWER BODY

Perform each Circuit #1, 2X before moving onto Circuit #2, 2X. Rest after each round for 45-60 seconds before round two. You will repeat this all again, Circuit #1, 2X and then Circuit #2, 2X. By the end you will have done each 4X.

Circuit #1

1a Curtsy Lunges	10-15 reps
1b Deadlift	10-15 reps
1c Sumo Squat	10-15 reps
1d Elev. Split Squat	10-15 rep/side

X 2

Circuit #2

2a Calf Raises	20-30 reps
2b Goblet Squats	10-15 reps/side
2c Lateral Lunges	10-15 reps/side
2d Lunge/Knee Drive	10-15 reps/side

X 2

WEEK #5 - Day #3

AMRAP

*AMRAP stands for **As Many Rounds As Possible**. Set your timer and repeat the sequence of moves as many times as you can within 15 minutes. Take rest as needed and move at a pace that works for you!*

AMRAP - 15 minutes *Set your timer for 15 minutes*

- | | |
|---------------------|-----------------|
| 1. Thrusters | X6 |
| 2. Renegade Rows | X6 (3 per side) |
| 3. Burpee | X4 |
| 4. Walking Lunges | X8 (4 per side) |
| 5. Up & Down Planks | X6 (3 per side) |

WEEK #5 - Day #4

Ab Training (Optional)

Training the abs and core should be happening on all days, when ever we do any exercise core engagement is important. Abs training days are short and optional.

Perform each move for 30-40 seconds each, with as little rest between the moves as possible. Rest for 60 seconds before repeating the circuit 3-4 times

1. Plank
2. Scissors
3. Side Plank (right)
4. Heel Taps
5. Side Plank (left)
6. Russian Twists

Week #6

Full Body

Ab Training (optional)

Full Body

HIIT

WEEK #6 - Day #1

FULL BODY

Full body days will be some in straight set format. This means you do one exercise for the recommended reps, rest and repeat for 3 total rounds before moving onto the next exercise.

Full Body

1. Push Ups	8 - 10 reps	X3
2. Squat Pulses	8 - 10 reps	X3
3. Curls and Press	8 - 10 reps	X3
4. Dead Lifts	8 - 10 reps	X3
5. Up & Down Planks	10 reps per side	X3

WEEK #6 - Day #2

Ab Training (Optional)

Training the abs and core should be happening on all days, when ever we do any exercise core engagement is important. Abs training days are short and optional.

Perform each move for 30-40 seconds each, with as little rest between the moves as possible. Rest for 60 seconds before repeating the circuit 3-4 times

1. Bicycle Crunches
2. V-Sits
3. Crunches
4. Scissors
5. Sea Saw Planks
6. Mountain Climbers

WEEK #6 - Day #3

FULL BODY

Full body days will be some in straight set format. This means you do one exercise for the recommended reps, rest and repeat for 3 total rounds before moving onto the next exercise.

Full Body

1. Renegade Rows	8 - 10 reps	X3
2. Walking Lunges	8 - 10 reps	X3
3. Upright Rows	8 - 10 reps	X3
4. Glute Bridges	8 - 10 reps	X3
5. Scull Crushers	8 - 10 reps	X3

WEEK #6 - Day #4

HIIT

Perform these HIIT exercises for the time indicated. Take rest inbetween exercises as needed. Please move at your own pace for HIIT training days

Perform each move for 30 seconds each, with as little rest between the moves as possible. Rest for 60 seconds before repeating the circuit 4 times total.

1. Plank Shoulder Taps
2. Burpees
3. Squat jacks
4. High Knees
5. Laydown Push Ups
6. Jumping Jacks

Week #7

HIIT

Full Body

HIIT

Full Body

Ab Training (optional)

WEEK #7 - Day #1

HIIT

Perform these HIIT exercises for the time indicated. Take rest inbetween exercises as needed. Please move at your own pace for HIIT training days

Perform each move for 30 seconds each, with as little rest between the moves as possible. Rest for 60 seconds before repeating the circuit 4 times total.

1. Mountain Climbers
2. Squat Jacks
3. High Knees
4. Jumping Jacks
5. Split squats (30 sec per side)

WEEK #7 - Day #2

FULL BODY

Full body days will be some in straight set format. This means you do one exercise for the recommended reps, rest and repeat for 3 total rounds before moving onto the next exercise.

Full Body

- | | | |
|-------------------|-------------|----|
| 1. Upright Rows | 8 - 10 reps | X3 |
| 2. Squat Pulses | 8 - 10 reps | X3 |
| 3. Surrenders | 8 - 10 reps | X3 |
| 4. Walking Lunges | 8 - 10 reps | X3 |
| 5. Renegade Rows | 8 - 10 reps | X3 |

WEEK #7 - Day #3

HIIT

Perform these HIIT exercises for the time indicated. Take rest inbetween exercises as needed. Please move at your own pace for HIIT training days

Perform each move for 30 seconds each, with as little rest between the moves as possible. Rest for 60 seconds before repeating the circuit 4 times total. No Equipment Required

1. Plank Shoulder Taps
2. Burpees
3. Butt Kicks
4. Laydown Push Ups
5. Squat - Cross Body Knee
6. Calf Raises

WEEK #7 - Day #4

FULL BODY

Full body days will be some in straight set format. This means you do one exercise for the recommended reps, rest and repeat for 3 total rounds before moving onto the next exercise.

Full Body

- | | | |
|---------------------|-------------|----|
| 1. Push Ups | 8 - 10 reps | X3 |
| 2. Squats | 8 - 10 reps | X3 |
| 3. Curl and Press | 8 - 10 reps | X3 |
| 4. Up & Down Planks | 8 - 10 reps | X3 |
| 5. Thrusters | 8 - 10 reps | X3 |

WEEK #7 - Day #5

Ab Training (Optional)

Training the abs and core should be happening on all days, when ever we do any exercise core engagement is important. Abs training days are short and optional.

Perform each move for 30-40 seconds each, with as little rest between the moves as possible. Rest for 60 seconds before repeating the circuit 3-4 times

1. Plank
2. Scissors
3. Side Plank (right)
4. Heel Taps
5. Side Plank (left)
6. Russian Twists

Week #8

Upper Body

AMRAP

Lower Body

HIIT

Ab Training (optional)

WEEK #8 - Day #1

UPPER BODY

Perform each Circuit #1, 3X before moving onto Circuit #2, 3X. Rest after each round for 45-60 seconds before round two and three. Enjoy 2-3 minutes of rest before moving onto Circuit #2.

Circuit #1

1a Curl and Press	10-15 rep
1b Lateral Raises	10-15 rep
1c OH Tricep Exten.	10-15 rep
1d Bent Over Rows	10-15 rep
1e Chest Flies	10-15 rep

X3

Circuit #2

2a Front Raises	10-15 rep
2b Bicep Curls	10-15 rep
2c Tricep Kickbacks	10-15 rep
2d Back Flies	10-15 rep
2e Chest Flies	10-15 rep

X3

WEEK #8 - Day #2

AMRAP

*AMRAP stands for **As Many Rounds As Possible**. Set your timer and repeat the sequence of moves as many times as you can within 15 minutes. Take rest as needed and move at a pace that works for you!*

AMRAP - 15 minutes *Set your timer for 15 minutes*

1. Thrusters	X6
2. Renegade Rows	X6 (3 per side)
3. Burpee	X4
4. Up & Down Planks	X8 (4 per side)
5. Push Ups	X4

WEEK #8 - Day #3

LOWER BODY

Perform each Circuit #1, 3X before moving onto Circuit #2, 3X. Rest after each round for 45-60 seconds before round two and three. Enjoy 2-3 minutes of rest before moving onto Circuit #2.

Circuit #1

1a Squats	10-15 reps
1b Deadlift	10-15 reps
1c Walking Lunges	10-15 rep/side
1d Step Ups	10-15 rep/side
1e Glute Bridges	10-15 reps

X 3

Circuit #2

2a Curtsy Lunges	10-15 reps
2b Surrenders	10-15 reps/side
2c Bear Crawls	10-15 reps/side
2d Sumo Squats	10-15 rep
2e Reverse Lunges	10-15 reps

X 3

WEEK #8 - Day #4

HIIT

Perform these HIIT exercises for the time indicated. Take rest inbetween exercises as needed. Please move at your own pace for HIIT training days

Perform each move for 30 seconds each, with as little rest between the moves as possible. Rest for 60 seconds before repeating the circuit 4 times total. No Equipment Required

1. Plank Shoulder Taps
2. High Knees
3. Squat Jacks
4. Laydown Push Ups
5. Squat - Cross Body Knee
6. Up & Down Planks

WEEK #8 - Day #5

Ab Training (Optional)

Training the abs and core should be happening on all days, when ever we do any exercise core engagement is important. Abs training days are short and optional.

Perform each move for 30-40 seconds each, with as little rest between the moves as possible. Rest for 60 seconds before repeating the circuit 3-4 times

1. Bicycle Crunches
2. V-sits
3. Scissors
4. Sliding Planks
5. Mountain Climbers
6. Russian Twists

