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Dumbbell Exercises That Suit Beginners

By Rick Mitchell

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The aim for beginners to weight training must be to lay the foundations for the intensive workouts that their bodies will eventually be subjected to. Obviously successful bodybuilding involves bringing together disparate elements such as nutrition and rest but choosing the right exercises is crucial. In this article we'll outline the dumbbell exercises that will enable new bodybuilders to develop the general strength and body conditioning needed.

Initially beginners should aim to complete two sets of ten to twelve reps but after a few weeks, when you have developed sufficient control and basic strength, experiment with one set of six to eight reps to failure. This will maximize your muscle growth and give you the impetus to move on to the next stage of development. Before long you'll find the use of this single piece of equipment restricting, so later in this series of articles we'll pull together a muscle boosting program that utilizes other equipment to take you to the intermediate level. In the meantime, get to work with these exercises in order to get used to working your muscles.

Start off training four days per week and work body parts on the following basis not forgetting to incorporate rest days:

Day 1 – Biceps, Back, Abs

Day 2– Hamstrings, Shoulders, Abs

Day 3 – Quads, Forearms, Calves

Day 4 – Triceps, Chest, Abs

The exercises recommended for beginners are as follows:

CHEST: Bench press, flyes

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UPPER BACK: Prone reverse flye, seated reverse flye, bent over row, pullover

SHOULDER: Lateral raise, shoulder press, upright row

TRICEPS: Lying triceps extension

BICEPS: Curl, concentration curl

FOREARMS: Wrist curl, wrist extension

LEGS: Squat, leg curl, calf raise

Rick Mitchell is the creator of the bodybuildingadvisor.com website that provides guidance and information to athletes at all levels of bodybuilding experience. Go to

to learn

more about the issues covered in this article.

Exercise the right way – one–arm dumbbell rows

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Exercise the right way – one–arm dumbbell rows by Rick Mitchell

Other articles in this series looked at a number of exercises, mainly from the perspective of developing a comprehensive muscle building program. Sometimes we take things for granted, especially when it comes to performing the basic exercises that constitute the core of most bodybuilders' training regimes.

It is useful, therefore, to describe in detail the processes involved in actually doing these exercises. This will help beginners to start out using the correct techniques before moving on to potentially more dangerous heavy weights. If it also helps more experienced lifters to redress some of the little faults that have almost imperceptibly crept in over the years, all the better.

In this article we'll take a close look at One–Arm Dumbbell Rows.

MUSCLES TARGETED: latissimus dorsi, trapezius (mid), biceps brachialis

STARTING POSITION

Grasp a dumbbell with an overhand grip and palm facing body.

Rest your opposite knee on a flat bench.

The supporting leg should be slightly flexed with the foot flat on the floor.

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The back should remain straight, parallel to the floor.
The dumbbell should be held at arm's length.

EXERCISE TECHNIQUE

Pull the dumbbell upward in a straight line with the elbow kept close to the body.
Lower the dumbbell slowly to the starting position.
Repeat this movement until the intended number of repetitions have been completed.
Repeat on the other side.

OTHER EXERCISES WORTH CONSIDERING

Other exercises that tackle these muscles include Bent-Over Barbell Rows (mid trapezius), Chin-Ups (upper trapezius) and Lat Pull-Downs Behind the Neck (upper trapezius).

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