



Alternate Dumbbell Curl - Biceps

1. Stand nice and tall, chest up and shoulders back.
2. Start with the dumbbells at arm's length, your palms facing in.
3. Curl the dumbbells up, twisting your wrists on the way up.
4. Your palms should be facing up, when you are at the end of the movement.
5. Slowly lower the dumbbell to the starting position, and repeat the exercise with the other arm.
6. Do not swing the weight, or let your elbows leave your side.



Concentration Curl - Biceps

1. Sit on a chair or a Mambo Max AB Gym Ball. Spread your legs apart into a V and lean forward slightly.
2. Grasp the dumbbell in one hand with your palm facing upward.
3. Rest your elbow on your thigh, letting the dumbbell hang.
4. Rest your other hand on the top of your other thigh for support.
5. Slowly curl the weight up to the front of the shoulder while keeping the torso, upper arm and elbow still.
6. Stop when the weight is 90° (or slightly more) from your elbow joint.
7. Under control, lower the weight down, stop before your arm is fully extended. Your elbow should not be locked at this stage.

Dumbbell Curl - Biceps

1. Select your dumbbells and sit up straight with the weights by your side, your palms facing out. Keep your back straight and your chest out.
2. Raise the dumbbells up to your shoulders, so that your palms are facing your biceps. Slowly lower the dumbbells.
3. It's very important that you use strict form when executing the dumbbell curl. This means no "throwing the dumbbell" up to the top of the curl, keeping your whole body tense and still and not leaning backwards to raise the dumbbell. Control the dumbbell throughout the whole curl. Move the dumbbell up and down slowly. Don't swing - that's cheating!



Seated Dumbbell Extension - Triceps

1. Sit on a chair or a Mambo Max AB Gym Ball, with your back straight and your feet planted firmly on the floor.
2. Grasp a suitable weight dumbbell and hold it with both hands behind your neck. Your fingers should be overlapped and wrapped around one end of the dumbbell.
3. Inhale and extend the forearms downwards, allowing the dumbbell to lower. Make sure your upper arms are stable and straight. During this movement you should not move your upper arms at all. The only movement should be in your forearms.
4. As you exhale, stretch your forearms upwards and back to the starting position.



Dumbbell Wrist Curl - Forearm

1. Sit on a chair or a Mambo Max AB Gym Ball while holding a dumbbell in your hand.
2. Lay your forearm flat on your thigh with the dumbbell extending past your knee, palm up.
3. Lower dumbbell as far as possible keeping a tight grip.
4. Using only your hand and wrist, bring the dumbbell up toward the ceiling as high as possible, while keeping your forearm flat on your thigh.



Reversed Dumbbell Wrist Curl - Forearm

1. Sit on a chair or a Mambo Max AB Gym Ball while holding a dumbbell in your hand.
2. Lay your forearm flat on your thigh with the dumbbell extending past your knee, palm down.
3. Lower dumbbell as far as possible keeping a tight grip.
4. Using only your hand and wrist, bring the dumbbell up toward the ceiling as high as possible, while keeping your forearm flat on your thigh.

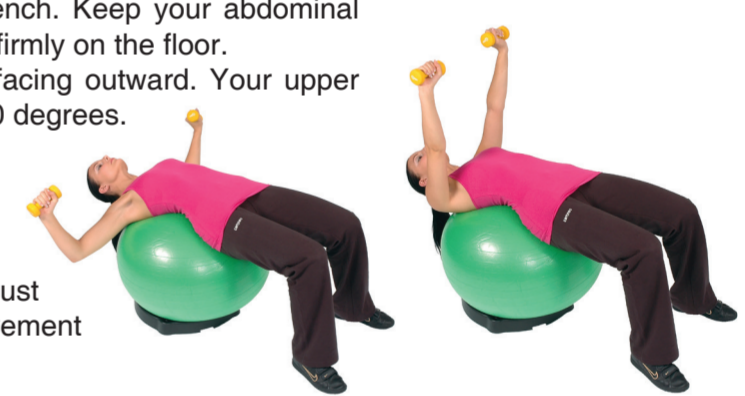
Dumbbell Fly - Chest

1. Lie back on a Mambo Max AB Gym Ball or flat bench with a dumbbell in each hand. Your palms are facing inward toward each other.
2. Lift the dumbbells over your chest by extending your arms. Visualize hugging a giant tree trunk.
3. Lower the dumbbells to the sides of your body in an arc-like motion. Sustain a slight bend in your elbows while keeping your hips and shoulders flat on the bench. At the lowest point of the range of motion, your bent elbows should be on a horizontal plane parallel to the floor.



Dumbbell Press - Chest

1. Lie back on a Mambo Max AB Gym Ball or flat bench. Keep your abdominal muscles tight and your back straight. Plant your feet firmly on the floor.
2. Hold the dumbbells at shoulder height with palms facing outward. Your upper arms parallel to the floor and elbows bent at about 90 degrees.
3. Push the dumbbells over your head until your arms are almost completely extended. However, at the top of the movement, do not lock your elbows.
4. Slowly lower your dumbbells back to their original position with a controlled smooth motion. Do not just drop the weight in a fast manner. The lowering movement will challenge your shoulder muscles.



Dumbbell Pullover - Chest

1. Lie flat on your back on a Mambo Max AB Gym Ball or a flat bench. Feet flat on the floor or on the bench.
2. Begin by holding the dumbbell above your chest with straight arms. Inhale deeply. Slowly lower the dumbbell in semicircular motion behind your head as far as possible without pain.
3. Your arms and the dumbbell will actually go behind and above your head and will drop down below the bench. This movement will really give you a great stretch.
4. Return the dumbbell to the starting position slowly, focusing on keeping your elbows locked in the slightly bent position.



Bent-Over Lateral Raise - Shoulder

1. Bend over so your upper body is about 30 degrees to the floor.
2. Grasp a dumbbell in each hand and let hang straight down.
3. Focus your eyes on a spot high on the wall in front of you which will assist in keeping your back in a stable position throughout the movement.
4. Simultaneously raise the dumbbells up so as to try and touch the ceiling with the back of your hands.
5. Once you reach the point of your arms being parallel to the floor, stop and hold them there for one second.
6. Return to the starting position and repeat.

Alternate Front Raise - Shoulder

1. Stand up, keeping a straight torso, holding the dumbbells in front of your thighs at arms length with the palms of the hand facing your thighs.
2. While maintaining the torso stationary (no swinging), lift the left dumbbell to the front with a slight bend on the elbow and the palm of the hand always facing down. Continue to go up until your arm is slightly above parallel to the floor. Exhale as you execute this part of the movement and pause for a second at the top. Inhale after that pause.
3. Now lower the dumbbell slowly to the starting position as you simultaneously lift the right dumbbell.
4. This exercise can also be performed with both arms at the same time.



Alternate Dumbbell Press - Shoulder

1. Sit on a chair or a Mambo Max AB Gym Ball, holding the dumbbells in both hands at shoulder level, palms forward.
2. Keep your back straight and your chest up at all time.
3. Press one dumbbell up until your arm is straight and the elbow is in line with your ear, then return to shoulder level.
4. Repeat with the other side.
5. Try not to arch your back and press the dumbbells directly overhead and not in front of the head. Your torso should not bend to the sides.



Shoulder Shrug - Shoulders/Back

1. Stand up straight, holding a dumbbell in each hand and keeping your legs shoulder width apart.
2. Try to bring your shoulders to your ears. Do not roll your shoulders while performing this exercise.
3. Remember to breathe out when shrugging your shoulders up.
4. Tighten your abdominals when doing this exercise. Concentrate on maintaining good posture. Holding the shrug at the top for one second helps the muscles become stronger.



Single Arm Dumbbell Row - Back

1. Place your right knee and right hand on a chair or a flat bench with your left leg set firmly on the floor. Lean forward so that your back is flat and as parallel to the floor as possible.
2. Grasp a dumbbell in your left hand with your palm facing in toward your body and lift or 'row' the dumbbell up and into your outer rib cage area.
3. Return to the start position and repeat.
4. If while doing this exercise you feel like your starting your lawn mower, you are doing it wrong.