Select dumbbells. Stand with feet hip distance apart and knees straight but not locked. Lift your toes inside of your shoes to shift the weight back onto your heels.

Inhale and squat down as if you were sitting on a chair. Ideally, your thighs will be parallel to the floor and your knees will make a 90° angle. You should be able to lift your toes inside of your shoes throughout the motion. Do not let your knees move forward over your toes. Keep your chest up and look forward. Exhale and press through your heels to stand back up.
Dumbbell Reverse Lunge

Select dumbbells. Stand upright and hold the dumbbells by your sides. Draw your shoulder blades down and back to stabilize your shoulders. (Similar variations include walking lunges, stationary lunges, and forward stepping lunges.)

Step back with your right foot. Lunge down so both knees form 90° angles. Keep your torso upright. Do not let your left knee move forward over your toes. Do not bang your back knee on the floor. Lift your toes inside of your left shoe. Press through your left heel to stand back up. After you have completed one set, repeat on the opposite leg.
Dumbbell Straight Leg Dead Lift

Select weight. Stand with feet hip distance apart and knees straight but not locked. Place your hands shoulder width apart with an overhand grip on the dumbbells. Draw your shoulders down and back to stabilize your shoulder blades.

Inhale and hinge forward from your hips. Lower the dumbbells toward the floor. Keep your knees slightly bent and your back flat throughout the motion. Beginners may want to stop when the back is parallel to the floor. At the bottom of the motion engage your hamstrings. Exhale and stand up with a flat back.
Dumbbell Chest Press

Select dumbbells and lie on the bench. Keep your lower back close to the bench. Place your hands directly over your shoulders using an overhand grip. Keep your elbows straight but not locked.

Inhale and slowly lower the weights so your hands are level with the midline of your chest. Your wrists should be lined up over your elbows. Exhale and press the weights up to the starting position.

When you have completed your set, carefully place one dumbbell on the floor at a time. Return to a seated position.
Dumbbell One Arm Row

Select a dumbbell. Place your left hand and left knee on a flat bench as shown. Keep your left elbow straight but not locked and your back flat. Dangle your right arm down toward the floor.

Exhale and pull the dumbbell toward your abdomen. Keep your elbow close to your side. Inhale and slowly release the weight back to the starting position.
Dumbbell Shoulder Press

Deltoids (Shoulders)

Triceps

Select dumbbells. Sit on the seat with your back against the back rest. Place the dumbbells in line with your chin and turn your palms to face forward. Tuck your tailbone under slightly to minimize the curve of your lower back.

Exhale and press the dumbbells over your shoulders. Straighten but do not lock your elbows. Inhale and slowly return the dumbbells back to their starting position.
Dumbbell Bicep Curl

Biceps

Select dumbbells. Stand with your feet hip distance apart. Bend your knees slightly and tuck your tailbone under to minimize the curve in your lower back. Use and underhand grip on the dumbbells. Alternatively, face the palms toward each other for a hammer curl variation.

Draw your shoulder blades down and back to stabilize your shoulder blades. Fix your elbows by your sides. Exhale as you lift the dumbbells. Inhale as you lower them back to the starting position. Do not rock backward during the exercise.
Dumbbell French Press

Select dumbbell. Carefully lift the dumbbell overhead and hold the head of the dumbbell as shown above. Bent your knees and tuck your tail bone under slightly to minimize the curve in your lower back. Keep your elbows close to your ears.

Inhale and slowly lower the dumbbell until your forearms are parallel to the floor. Exhale and press the dumbbell back up to the starting position.
Abdominal Bicycle

Rectus Abdominus

Obliques

Lie on the floor. Lift your head and shoulders off of the floor. Support your head with your fingertips. Be careful not to pull on your neck or dig your chin into your chest. Bend your left knee and extend your right. Rotate your torso toward the left knee.

Exhale and twist your torso to the right. Bend your right knee and extend your left. Repeat the exercise as you rotate from side to side. Think about bringing your shoulder to the opposite hip. Do not touch your elbow to your knee since this may cause you to strain your neck.