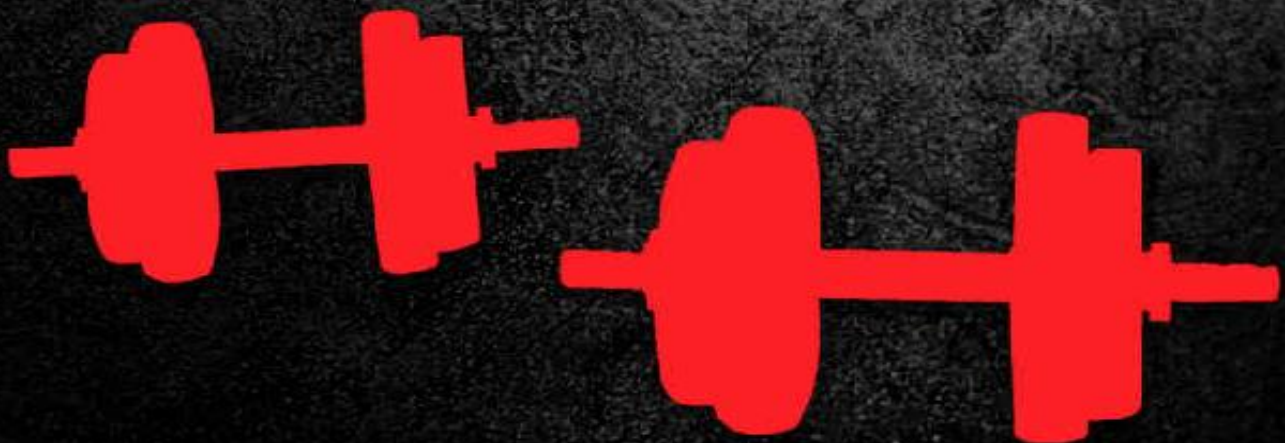


Dumbbell WOD Bible

**Dumbbell Workouts & WODs To
Increase Your Strength,
Build Muscle, Burn Fat,
Increase Coordination & Fitness**



P SELTER

Father,

Thank you for the abilities you give us, for the strength and wisdom we gain from training.

Be with us as we work that we may do our best. Help us to be encouraging to others in our daily life. Thank you for the people that you have brought into our lives.

*Bless the athletes, coaches, workout partners and all those who support our training.
May the results from our training be a reflection of Your Spirit in our lives.*

Finally Father, remind us that there is no failure, but only growth in the body, mind and Spirit.

Amen

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Dumbbell WOD Bible: Dumbbell Workouts & WODs To Increase Your Strength, Build Muscle, Burn Fat, Increase Coordination & Fitness

P. Selter

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I recommend consulting a doctor to assess and/or identify any health related issues prior to making any dramatic changes to your diet or exercise regime.

Contents

[Copyright](#)

[Disclaimer](#)

[Introduction](#)

[Benefits of Dumbbells](#)

[70 Dumbbell WODs](#)

[Conclusion](#)

Introduction

I would like to thank you and congratulate you for purchasing the Dumbbell WOD Bible.

This book will introduce you to the many health & fitness benefits of the training with dumbbells, along with a plethora of WODs (workouts) you can implement immediately to improve your body composition, speed, strength and agility.

Thanks again for purchasing this book, I hope you enjoy it!

Benefits of Dumbbells

Training with dumbbells has MANY different advantages over barbells, bodyweight regimes and pin-loaded machines, let's delve into these and take a bit more of a look before we get started with the plethora of workouts that I'm going to share with you.

LOW COST

Dumbbells are inexpensive. A very effective full body workout can be had with no more than literally a pair of dumbbells – barbells, weight plates and machine equivalents can cost hundreds, sometimes even thousands of dollars. Dumbbells, regardless of brand or style have and always will be a cost-friendly option to increase your strength, fitness and health even in the comfort of your own home. Hell, you won't even need multiple pairs of dumbbells if you're able to purchase one adjustable pair.

UNILATERAL TRAINING

Dumbbells allow us to perform and focus on unilateral movements. In case you're not familiar a unilateral exercise is when we're performing a specific exercise using one limb/side of our body – fantastic examples of unilateral movements I regularly perform with dumbbells include the one arm dumbbell chest press, dumbbell shoulder press, and dumbbell side lateral raise.

What's the point of unilateral training? You may ask – it sounds like a waste of time....

Unilateral training is fantastic for correcting muscular imbalances. For example, if one of your shoulders is significantly stronger than the other when you're performing your shoulder press or lateral raises one side will be compensating (and taking an additional portion of the load) from the aforementioned weaker side.

Unilateral exercises allow us to hone in and correct these imbalances by strengthening the weaker muscle group by isolating it.

ALL BARBELL EXERCISES HAVE AN EQUIVELANT

Training with a barbell is fantastic too, don't get me wrong – BUT we don't all have access to train with a barbell... this could be due to several reasons, such as cost, amount of room you have available if you're training at home or perhaps you're just intimidated by the Olympic barbell.

Many 'experts' will tell you that you're missing out by not pounding away with a barbell. Well, here's the thing – there is LITERALLY a dumbbell alternative to every conceivable barbell exercise. On the flip side there are not barbell equivalents to every dumbbell exercise – why? Well dumbbells are far more manoeuvrable and dynamic.

DUMBBELL TRAINING IS EXPLOSIVE

If you're an athlete focusing on sport specific movements to increase your performance on the field or just a casual gym-goer looking to develop that raw explosive speed, strength and power you can't go past a pair of dumbbells for developing that pure explosiveness.

The tempo, plain of movement and ease of manoeuvrability during your dumbbell exercises will allow you to focus on building that explosive strength you desire. Barbells and pin or plate loaded machines are unable to replicate this same ability when it comes to explosive training.

MINIMAL SPACE IS REQUIRED

Live in a small apartment? Don't have a backyard? Unable to get to the gym for a few days or perhaps even a more prolonged period of time?

No fear, dumbbells are here! With only a mere few square feet of available space (doesn't even matter

whether this is indoors or outdoors) you'll be able to push your body to its limits and build your strength, mental toughness, physical fitness and induce fat loss should that be your goal.

Barbells? Machines? Rope/cable training? All the other options require far more space than you and I probably have available in our houses or apartments.

YOU'LL BE WORKING YOUR STABILIZERS

Dumbbells are just that – dumb. Unlike conventional weight training machines you'll find littered throughout every commercial gym the dumbbell does not have a set plain of movement or range of motion – you need to actively engage and stabilize the dumbbell for each and every movement you wish to perform with it. Sounds like a lot more work doesn't it? Well it is and the reason this is fantastic is you're going to be actively engaging your stabilizer muscles to keep the dumbbells on course.

Notice the first few times you move away from the machines and decide to hit the dumbbells you're extremely shaky for lack of a better word throughout the movement? This is because you're not used to using yours stabilizers!

IT'S SAFER THAN BARBELL TRAINING

Getting stuck under a barbell is one of many gym-goers worst nightmares. Loading up a barbell with several hundred pounds and attempting to bench press it before the weight overpowers you and you end up pinned under it. Not fun, I've been there unfortunately!

When you're training alone (without a spotter) or when you're learning a new exercises dumbbells are a far safer option. Why? Well, when training with a barbell the barbell is moving above or with your body – this can be disastrous if you slip or are unable to muscle that weight back up on your last repetition. Dumbbells on the other hand are utilized AROUND your body.

Example – the dumbbell chest press – the barbell is above your chest, there's no way out... meanwhile the dumbbell equivalent has the dumbbells located to your sides – easier to bail out when required.

IT'S EASY TO TEACH NEWCOMERS

As mentioned above – with dumbbell training being far safer than the barbell alternative exercises it comes as no surprise that it's far easier to teach dumbbell workouts and exercises to newcomers in the gym – they're able to start with light, easy to use dumbbells to grasp the concepts of plain of movement, range of motion and stabilization which will benefit them far more in terms of proper lifting mechanics and confidence in the gym in general as opposed to swinging around a barbell.

IT'S MENTALLY STIMULATING

Think about it – when you're training with dumbbells you're not just mindlessly pushing or pulling a bar, lever or machine. You're actively engaging your brain as you move both dumbbells through the movement of your exercise. Stabilization, speed and timing of each and every repetition (ensuring both dumbbells stay in sync)

is a lot more mentally taxing (and stimulating!) than the one size fits all machine or barbell alternative.

I hope you're now able to see just how fantastic dumbbell exercises and workouts really are! Now that I've got you sold let's delve into the plethora of workouts you can use to transform your physique, fitness and mindset!

70 Dumbbell WODs

DB WOD 1

21-15-9

DB thrusters

Burpees

100m sprint

DB WOD 2

300m sprint

21 DB deadlifts

DB WOD 3

100 DB push press

20 jump rope singles

10 HSPU

20 DB thrusters

DB WOD 4

EMOM for 15 minutes

10 DB swings

20 DB push press

DB WOD 5

6 rounds for time

10 push-ups

15 DB hang squat cleans

15 walking lunges (per leg)

15 DB deadlifts

DB WOD 6

For time

100 DB hang squat clean thrusters

100 burpee broad jumps

DB WOD 7

AMRAP in 12 minutes

10 DB push ups

10 sit-ups (holding DB)

10 DB snatch (per arm)

DB WOD 8

For time

100 air squats

100 DB squats

100 DB push-ups

10 burpees

10 broad jumps

DB WOD 9

Start a clock:

Run for 5 minutes at a moderate pace on the treadmill.

At minute 6 perform max snatches in 2 minutes
alternating arms with the dumbbell.

At minute 9 perform max KB swings w/dumbbell in 1
minute

At minute 11 perform max front squats holding the same
dumbbell for 2 minutes

At minute 14 perform max burpees for 1 minute

DB WOD 10

AMRAP in 12 minutes

14 bodyweight dips

14 walking lunges (per leg)

14 DB shoulder press

DB WOD 11

5 Rounds for time

10 mountain climbers

7 DB squat cleans

4 DB deadlifts

DB WOD 12

EMOM for 10 minutes

10 DB push press

2 burpees

DB WOD 13

For time

100 DB deadlifts

DB WOD 14

40-20-10-5

DB Thrusters

Walking lunges holding DB

Burpees

DB WOD 15

EMOM for 15 mins

3 DB squats

5 push ups

7 DB thrusters

9 walking DB lunges (per leg)

DB WOD 16

For time

400m sprint

40 DB one arm snatch (right)

400m sprint

40 DB one arm snatch (left)

400m sprint

DB WOD 17

80 jump rope singles

10 DB snatches (per arm)

10 DB thrusters

10 Turkish get ups

100m sprint

DB WOD 18

AMRAP in 5 minutes

5 DB shoulder press

5 pull-ups (holding DB)

5 dips (holding DB)

DB WOD 19

5 rounds for time

200m sprint

35 dumbbell squats
10 toes to bar
35 DB shoulder press

DB WOD 20

AMRAP in 20 minutes
400m sprint
40 DB thrusters

DB WOD 21

9 rounds for time
10 DB snatches (per arm)
100m sprint

DB WOD 22

EMOM for 17 minutes
7 DB thrusters
7 DB lunges

DB WOD 23

3 rounds for time
200m sprint
30 DB clean and press

20 DB squats

300m sprint

DB WOD 24

3 rounds for time

18 DB swings

18 sit-ups

DB WOD 25

30-25-20-15-10-5-1

Dumbbell shoulder press

Jump rope singles

Burpees

DB WOD 26

21-15-9

DB hang cleans

Pull-ups

DB WOD 27

For time

21-15-9

DB swing single arm

DB single arm push press

Mountain climbers

DB WOD 28

EMOM for 20 minutes

5 DB thrusters

DB WOD 29

3 rounds for time

25 DB deadlift

20 DB swings

15 DB push press

100 mountain climbers

DB WOD 30

For time

100m sprint

20 DB walking lunges (per leg)

20 push-ups

20 sit-ups

100m sprint

DB WOD 31

10 rounds for time

15 DB goblet squats

15 DB floor press

DB WOD 32

EMOM for 20 minutes

10 bodyweight squats

10 pull-ups

10 DB floor press

10 DB goblet squats

DB WOD 33

5 rounds

40 seconds per exercise

DB push press

DB one arm row

DB front squat

400m sprint

DB WOD 34

AMRAP in 12 minutes

400m sprint

4 DB deadlifts

DB WOD 35

For time

12-10-8-6-4-2

DB one arm row (per arm)

DB deadlift

DB thrusters

DB WOD 36

For Time

21-15-9-6-3-1

DB hang clean

DB push up

DB snatch

DB WOD 37

10-5-1

DB deadlift

DB floor press

DB walking lunges (per leg)

DB WOD 38

AMRAP in 15 minutes

20 burpees

20 DB thrusters

DB WOD 39

AMRAP in 17 minutes

10 DB power cleans

10 Turkish get-ups

DB WOD 40

5 rounds for Time

8 pull-ups

8 DB goblet squats

8 sit-ups

DB WOD 41

As many rounds as possible (3 minutes per round)

1 minute DB push press

1 minute DB walking lunges

1 minute DB deadlifts

DB WOD 42

For time

100 DB floor press
100 push-ups
100 bodyweight squats
100 DB walking lunges

DB WOD 43

Tabata each exercise

DB front squat

DB swings

DB thruster

DB WOD 44

AMRAP in 21 minutes

10 burpees

10 DB thrusters

10 DB front squats

DB WOD 45

For time

21-15-9

HSPU

DB renegade row

100m sprint

Floor press

Push-ups

DB WOD 46

4 rounds for time

8 DB swings

8 push-ups

8 Turkish get-ups

80m dash

DB WOD 47

For time

25 DB thrusters

25 DB Ground-to-Overhead

25 DB renegade rows

25 DB push press

25 DB front squats

DB WOD 48

EMOM for 21 minutes

12 DB goblet squats

12 push-ups

12 DB renegade rows

DB WOD 49

7 rounds for time

12 DB deadlifts

12 burpees

100m sprint

DB WOD 50

EMOM for 15 minutes

4 DB push-ups

4 DB floor press

4 dips

DB WOD 51

For Time:

20-18-16-14-12-10-8-6-4-2-1

Tuck jumps

DB walking lunges

DB squats

DB thrusters

DB push press

DB WOD 52

AMRAP in 20 minutes

5 burpees

10 weighted sit-ups (holding DB)

15 DB goblet squats

DB WOD 53

For time

50 jump rope singles

50 burpees

50 DB clean and press

50 DB walking lunges (per leg)

50m dash

DB WOD 54

For time

100 weighted push-ups (holding DB)

100 weighted sit-ups (holding DB)

100 DB front squats

DB WOD 55

10 min AMRAP

5 Tuck Jumps

5 Plyo Pushups

5 Jump Squats

30 Sec Plank

DB WOD 56

20 sec Work 10 sec Rest for 8 Sets

In order

DB push press

DB walking lunges

Jump rope singles

DB deadlifts

DB WOD 57

5 Rounds for time

50 DB floor press

100m sprint

50 DB goblet squats

DB WOD 58

Max DB squats in 1 minute

30 sec rest

Max DB push-ups in 1 minute

30 sec rest

Max DB walking lunges in 1 minute

30 sec rest

Max DB push press in 1 minute

30 sec rest

Max sit-ups (holding DB) in 1 minute

DB WOD 59

For time

21-15-9-4-3-2-1

DB walking lunges (per leg)

Double-unders

Box jumps

DB floor press

DB WOD 60

50 Jump rope singles

9 DB thrusters

9 DB push press

18 DB walking lunges (9 per leg)

DB WOD 61

For time

50m sprint

25 weighted push-ups (with DB on back)

50 sit-ups

25 DB front squats

50 DB renegade rows

DB WOD 62

AMRAP in 15 minutes

5 push-ups

10 DB shoulder press

15 DB squats

10 mountain climbers

DB WOD 63

3 rounds for time

2 minutes jump rope singles

5 weighted push-ups (with DB on back)

25 DB floor press

25 DB renegade rows

25 DB cleans

DB WOD 64

For time

100 weighted dips (with DB strapped to waist)

100 weighted pull-ups (with DB strapped to waist)

Rest as necessary

DB WOD 65

3 Rounds for time

400m sprint

30 DB thrusters

30 DB floor press

DB WOD 66

AMRAP in 16 minutes

10 DB thrusters

10 Burpees

10 DB push-ups

10 Burpees

10 DB renegade rows

DB WOD 67

EMOM for 10 minutes

5 deadlifts

5 push presses

5 DB goblet squats

50 DB Russian twists (holding DB while rotating side to side)

DB WOD 68

For time

50 DB thrusters

100 push-ups

50 DB swings

DB WOD 69

10-9-8-7-6-5-4-3-2-1

DB walking lunges

DB renegade rows

Turkish get-up

DB shoulder press

DB WOD 70

AMRAP in 7 minutes

10 DB floor press

10 DB push press

20 mountain climbers

10 DB walking lunges (5 per leg)

10 DB front squats

Conclusion

I hope you enjoy the plethora of workouts that this Dumbbell Workout Bible has to offer you, by following these workouts on a regular basis you'll develop not only a strong, coordinated, functionally fit body that'll be ready to tackle any situation life throws at it but also an unbreakable mind-set and confidence to match.

Whether you're looking to get a competitive advantage in your sport or just to increase your agility, strength and health these workouts are the answer.

I hope you enjoyed reading this book as much as I enjoyed writing it.

P.S