

WORKOUT 5

DUMBBELLS AND CORE I

Purpose: In addition to building endurance, we return to dumbbell exercises in this workout as we continue to lay the foundation for future workouts.

The Workout

1.	<u>Crunches</u>	→ 15 reps
2.	<u>Low Reverse Flyes</u>	→ 12 reps
3.	<u>Leg Raises</u>	→ 10 reps
4.	<u>High Reverse Flyes</u>	→ 12 reps
5.	<u>Crunches</u>	→ 15 reps
6.	<u>Leg Raises</u>	→ 10 reps
7.	<u>Dumbbell Chest Presses</u>	→ 14 reps
8.	<u>Supermans</u>	→ 20 reps
9.	<u>Pullovers</u>	→ 12 reps
10.	<u>Supermans</u>	→ 20 reps
11.	<u>Squats and Shoulder Presses</u>	→ 14 reps
12.	<u>Side Hip Raises</u>	→ 10 reps each side

13. Kickbacks → 20 reps

Coach's Instructions

- **Do 1-3 sets 2-3 times per week** (can do 2-3 sets of each exercise one after another or do 2-3 circuits of the whole routine)
- If needed, can be done on same day as a scheduled run that is 5 miles in length or less
- **Option to combine:** To keep from getting bored, do different workouts throughout the week. For example, if you do 3 sessions per week, try a different routine each day. Mix and match as you like, depending on your preferences. Variety is what will keep your strength training routine from getting stale!

CRUNCHES



REPS
20-50

MUSCLE TARGETS: Abs (rectus)
EQUIPMENT: None

FORM



- 1 Lie faceup on your exercise mat, with your knees bent and your heels on the floor. Cross your arms over your chest.
- 2 Curl your body upward, being sure to keep your lower back on the floor; then return to the starting position.



This constitutes 1 rep.

ADVANCED FORM



- When performing this exercise, peel your lower back off the floor and sit all the way up to an upright position, then return down to the starting position. This version is also known as **Roll-Ups**. Keep your arms folded across your chest during this exercise; this will reduce your leverage and the momentum you can generate while performing the movement, which increases the workload on your rectus abdominus and hip flexors.

LOW REVERSE FLYES



REPS
10-20

MUSCLE TARGETS: Traps, rhomboids, lats
EQUIPMENT: Dumbbells

Coach's Note

Although this is a single joint movement, it can have a big impact on your fitness. It primarily works your midback, targeting the muscles that help you maintain proper posture while running.

FORM



- 1 Holding a pair of dumbbells low in front of you, bend slightly from the waist while keeping your back arched.
- 2 Bring the dumbbells together so that your palms are facing each other, and bend your elbows.
- 3 Swing your arms outward, keeping your elbows bent. You should feel a tightening and compression of the midback muscles between your shoulder blades. Do not raise your hands up high; they remain on that same plane, perpendicular to your body, as you sweep them back and then return them in front of you.



Return to the starting position. This constitutes 1 rep.

ADVANCED FORMS



- Perform this exercise with only one arm at a time. This pulls your body off-line, resulting in a greater challenge to your core as it struggles to maintain balance.



- Stand on one leg at a time while performing this exercise. Removing one of your supports challenges your core. Aim for an even number of reps, and perform half of them while standing on one leg and the other half while standing on the other leg.

LEG RAISES



REPS
10-30

MUSCLE TARGETS: Abs (rectus), hip flexors, quads
EQUIPMENT: None

FORM



- 1 Lie faceup on your exercise mat, with your hands wedged under your backside and your legs extended.
- 2 Raise your legs off the floor until they are perpendicular to the ground, then slowly lower them again.

 This constitutes 1 rep.

ADVANCED FORMS



- Instead of anchoring your hands under your backside, clasp them behind your head while performing this exercise. This makes your core work harder to hold your body still as your legs swing up and down.



- Place your palms down on your mat to provide a solid base. When your legs are at the apex of their upward swing during this exercise, try to lift your hips off the ground. Use your hands to push off. Then drop your hips and lower your legs. This constitutes 1 rep.

HIGH REVERSE FLYES




REPS
10-20

MUSCLE TARGETS: Delts (posterior), rotator cuff
EQUIPMENT: Dumbbells

FORM



- 1 Hold a pair of weights by your lap while standing.
- 2 Swing your arms outward and upward, turning your hands so that your palms face away from you.

 Return the weights down to your lap, turning your palms back toward each other. This constitutes 1 rep.

ADVANCED FORMS



- Perform this exercise with one arm at a time to create lateral instability and to increase the challenge to your core.



- Perform half the reps while standing on one leg and the other half while standing on the other leg. This improves your balance.

DUMBBELL CHEST PRESSES




REPS
10-20

MUSCLE TARGETS: Pecs, delts (anterior), triceps
EQUIPMENT: Dumbbells, stability ball (advanced)

FORM



- 1 Hold dumbbells overhead, with your elbows slightly bent.
 - 2 Lower the weights, flaring your elbows outward. Bring the weights down until you feel a stretch across your chest; do not push the range of motion beyond this point because you do not want to risk hyperextending your shoulders.
 - 3 Raise the weights back up to the starting point.
-  This constitutes 1 rep.

ADVANCED FORMS



- Perform this exercise with one arm at a time. Holding a single dumbbell, perform your target number of reps; then switch to your other hand. This form destabilizes your body and forces your core to work harder.



- Perform this exercise while lying back on a stability ball. This form engages your core more effectively. Remember to position your head and shoulders on the ball while keeping your hips up in the air.

SUPERMANS




REPS
20-100

MUSCLE TARGETS: Lower back, glutes (maximus)
EQUIPMENT: Medicine ball or dumbbell (advanced)

FORM



- 1 Lie facedown on an exercise mat with your arms outstretched.
 - 2 Arch your body upward, raising your shoulders and your legs simultaneously, then lower back down. This constitutes 1 rep.
-  Perform the reps quickly, as pulses rather than as slow movements.

ADVANCED FORM



- Hold a light weight in your outstretched arms while performing this movement.

Tip

Make sure you keep your knees extended and that you raise your legs from your hips. Bending your knees will work your leg biceps but will not have as much impact on your glutes and lower back.

PULLOVERS



REPS
20-30

MUSCLE TARGETS: Delts, triceps, seratus anterior
EQUIPMENT: Dumbbell or medicine ball, stability ball (advanced)

FORM



1 Lie on your exercise mat faceup, with your knees bent and your feet flat on the floor.

2 Hold a weight directly above you with both hands.

3 Keeping your elbows locked in a slightly bent position, draw the weight backward until it almost touches the floor, then pull it back until your arms are pointed straight up to the ceiling once again.

 This constitutes 1 rep.

ADVANCED FORMS



- Lie faceup on a stability ball while performing this exercise.



- Complete all reps while holding a dumbbell with only one hand, then switch to the other hand.

SQUATS AND SHOULDER PRESSES



REPS
10-20

MUSCLE TARGETS: Hamstrings, glutes, quads, delts, triceps
EQUIPMENT: Dumbbells, BOSU (advanced)

FORM



1 Hold the weights by your shoulders and squat. Remember to keep your back arched, your pelvis tilted backward, and your eyes focused straight ahead or upward. Do not let your knees bend lower than a 90-degree angle.

2 As you rise, push the weights upward toward the ceiling, bringing them together overhead in an arcing motion.

 Lower the weights to your shoulders as you squat down to complete the rep.

ADVANCED FORMS



- Alternate sets with a dumbbell in one hand only. This destabilizes your body laterally, forcing your core to work harder to keep you from falling over sideways.



- Perform this exercise from atop either side of a BOSU.

SIDE HIP RAISES



REPS
10-30

MUSCLE TARGETS: Obliques, abs (transverse), glutes (medius)

EQUIPMENT: BOSU (advanced)


FORM



1 Lie on your right side on your exercise mat.

2 Raise your hips in the air to a side plank position, holding your body in a rigid line while resting on your elbow.

3 Lower your hips down to an inch or two off the mat, then raise them back up again. This constitutes 1 rep.

 Perform all the target reps on one side, then continue on the other side.

ADVANCED FORMS



- Have your feet on a BOSU while performing this movement. Doing so destabilizes your base, forcing your body to recruit your core to a greater degree to maintain balance.



- Hold your opposite arm in the air while performing this movement. By putting a percentage of your body weight farther from your center, you decrease your leverage over your body and raise the challenge for your core in its effort to hold your body stable in space.

KICKBACKS



REPS
20-30

MUSCLE TARGET: Glutes

EQUIPMENT: None

FORM



1 Get on your hands and knees on your exercise mat. Bring your right knee in toward your chest.

2 Extend your right leg behind you as high as you can, then return it to the starting position. This constitutes 1 rep.

 Complete your target number of reps, then switch to the other leg.

ADVANCED FORM



- When working the right leg during this movement, hold your left arm off the ground and extended in front of you. Switch arms and repeat on the other side.