PROGRAMME · DUMBBELLS

20 minutes to *sculpt your upper body*

COREFLO

Duration · 20 min | **Level** · beginner + | **Frequency** · 3 times a week | **Rest** · 30 s between sets



1 Biceps curl

BICEPS · FOREARMS

1. Stand with a dumbbell in each hand, arms by your sides.
2. Bend your elbows to bring the weights to your shoulders, as you exhale.
3. Lower slowly, keeping your elbows by your sides.

3 × 12
elbows still, wrists straight



2 Lateral raise

SHOULDERS

1. Stand with weights by your sides, elbows slightly bent.
2. Raise your arms out to shoulder height as you exhale.
3. Lower over 3 seconds.

3 × 10
no higher than your shoulders

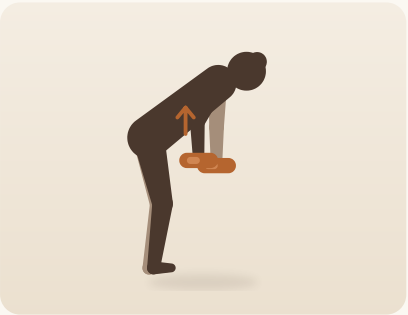


3 Shoulder press

SHOULDERS · TRICEPS

1. Stand with the weights at shoulder height, elbows open.
2. Press the weights up towards the ceiling as you exhale.
3. Lower back to shoulder height as you inhale.

3 × 10
ribs down, neutral back



4 Bent-over row

BACK · BICEPS

1. Knees bent, lean your torso forward, flat back.
2. Pull your elbows back along your body as you exhale.
3. Slowly straighten your arms towards the floor.

3 × 12
flat back, neck in line



5 Dumbbell squat

THIGHS · GLUTES

1. Stand with feet hip-width apart, weights by your sides.
2. Lower as if sitting down, weight in your heels.
3. Push through the floor to stand, as you exhale.

3 × 12
knees in line with toes



6 Seated twist

ABS · OBLIQUES

1. Sit with knees bent, torso leaning slightly back.
2. Hold one weight in both hands and twist to one side, as you exhale.
3. Return to centre, then twist to the other side.

3 × 16
twists in total, long back

Pilates breathing

Warm up for 3 minutes before you start. Exhale during the effort (as you lift or press) and inhale on the way back. Keep your core engaged to protect your lower back.

Practise safely

Choose a weight that lets you finish every set with good form. Stop any exercise that causes pain. If you have an injury, are pregnant or have a health condition, ask a doctor or physiotherapist before you start.