

A 20-minute full-body combination workout with dumbbells that targets major muscle groups. This workout includes a mix of compound movements to maximise efficiency and effectiveness.

Warm-Up (2 minutes)

1. Arm Circles: 1 minute (30 seconds forward, 30 seconds backward)
2. Leg Swings: 1 minute (30 seconds each leg)

Workout (15 minutes)

Perform each exercise for 45 seconds, followed by 15 seconds of rest. Complete the circuit twice.

1. Dumbbell Squat to Press
 - Stand with feet shoulder-width apart, holding a dumbbell in each hand at shoulder height.
 - Squat down, keeping your chest up and back straight.
 - As you stand back up, press the dumbbells overhead.
2. Bent-Over Rows
 - Bend at the hips, keeping your back straight and core engaged.
 - Hold a dumbbell in each hand with palms facing your body.
 - Pull the dumbbells towards your waist, squeezing your shoulder blades together.
3. Dumbbell Lunges with Bicep Curl
 - Stand with feet together, holding a dumbbell in each hand.
 - Step forward into a lunge while performing a bicep curl.
 - Return to the starting position and repeat with the other leg.
4. Dumbbell Deadlifts
 - Stand with feet hip-width apart, holding dumbbells in front of your thighs.
 - Hinge at the hips and lower the dumbbells along the front of your legs, keeping your back straight.
 - Return to standing, squeezing your glutes at the top.
5. Dumbbell Chest Press
 - Lie on a bench or the floor with a dumbbell in each hand, arms extended above your chest.
 - Lower the dumbbells to your chest, elbows at a 90-degree angle.
 - Press the dumbbells back up to the starting position.
6. Dumbbell Russian Twists
 - Sit on the floor with your knees bent and feet off the ground.
 - Hold a dumbbell with both hands in front of you.
 - Twist your torso to the right, then to the left, tapping the dumbbell on the floor beside you each time.
7. Dumbbell Renegade Rows
 - Start in a plank position with a dumbbell in each hand.
 - Row one dumbbell to your waist while balancing on the other hand.
 - Lower the dumbbell back down and repeat with the other arm.
8. Dumbbell Tricep Extensions
 - Stand or sit with a dumbbell in each hand, arms extended overhead.
 - Bend your elbows to lower the dumbbells behind your head.
 - Extend your arms back to the starting position.

Cool Down (3 minutes)

1. Chest Stretch: 1 minute
 - Stand in a doorway with your arm at a 90-degree angle, lean forward to stretch your chest.
2. Hamstring Stretch: 1 minute
 - Sit on the ground with one leg extended, reach towards your toes.
3. Shoulder Stretch: 1 minute
 - Bring one arm across your body and use the other arm to pull it closer.

Tips:

- Use a weight that challenges you but allows you to maintain proper form.
- Focus on controlled movements and proper breathing.
- Modify any exercises if needed to suit your fitness level.

Enjoy your workout!