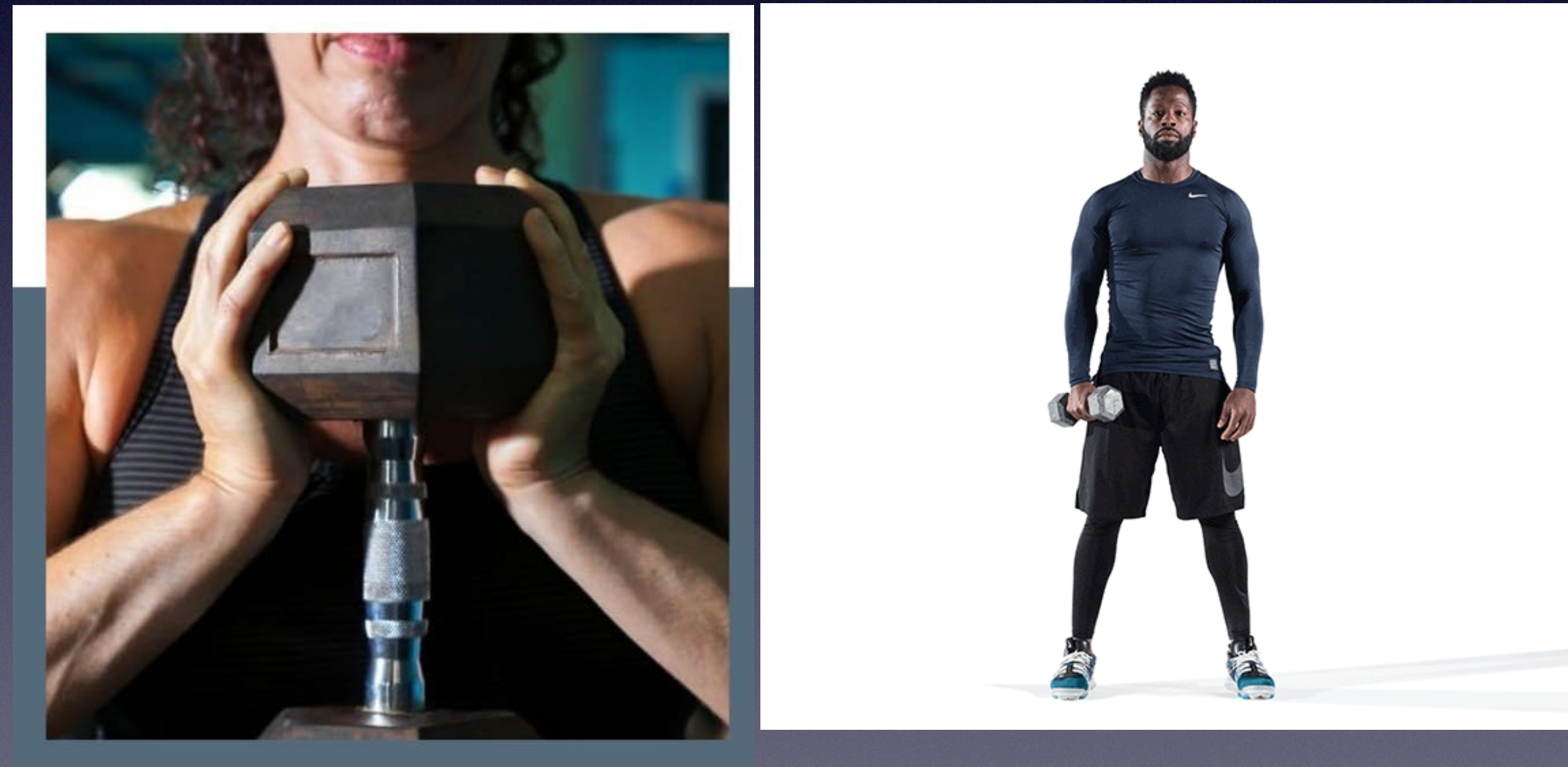


# Ultimate One-Dumbbell Workout



Presented by Manuel Velazquez



# Introduction:

- **GRATITUDE!**
- **Manuel's Background and the Wellness Approach**
- **SPA & Mindfulness**





# Purpose:

- **Review and learn how to create a one dumbbell circuit that will improve both: total-body muscular strength and cardiorespiratory fitness using one single piece of equipment, moving in three planes of motion.**





# Benefits

- **Mechanic and Metabolic**
- **Inter and Intramuscular coordination**
- **Contractile and Elastic element of Muscle fibers**
- **Variety and availability**
- **Contralateral movement**





# The approach: Contralateral

- **Contralateral is the effect that training one side of the body will increase strength on the opposite side as well.**
- **Studies shown with strong evidence that part of what make us stronger after weight training are changes on the brain and central nervous system: adaptations in the nature of learning a skill, like firing the right muscle fibers at the right time...**





# The protocol: Multiplane Circuit

- **Movements are performed in three planes of motion**
- **Move from one movement to the next with minimal rest time in between**
- **Allow 60 to 90 seconds of rest at the end of the circuit before going through it again.**
- **Increase the challenge: time yourself and try to beat that time every subsequent session.**
- **Start with 3 non consecutive days a week performing 8 to 12 reps for each move**





# The Moves:

- **Squat Overhead press**
- **Progression: torso rotation**





# The Moves:

- **Renegade Row**
- **Progressions:**
  - **Reach front raise**
  - **Push up with dumbbell tricep kickback**





# The Moves

- Lateral Lunge & row
- Progression: single leg dead lift





# The Moves

- **Curtsy Lunge with overhead halo**
- **Progression: Squat & shoulder front raise**





# The Moves

- **Single Leg Glute Bridge**



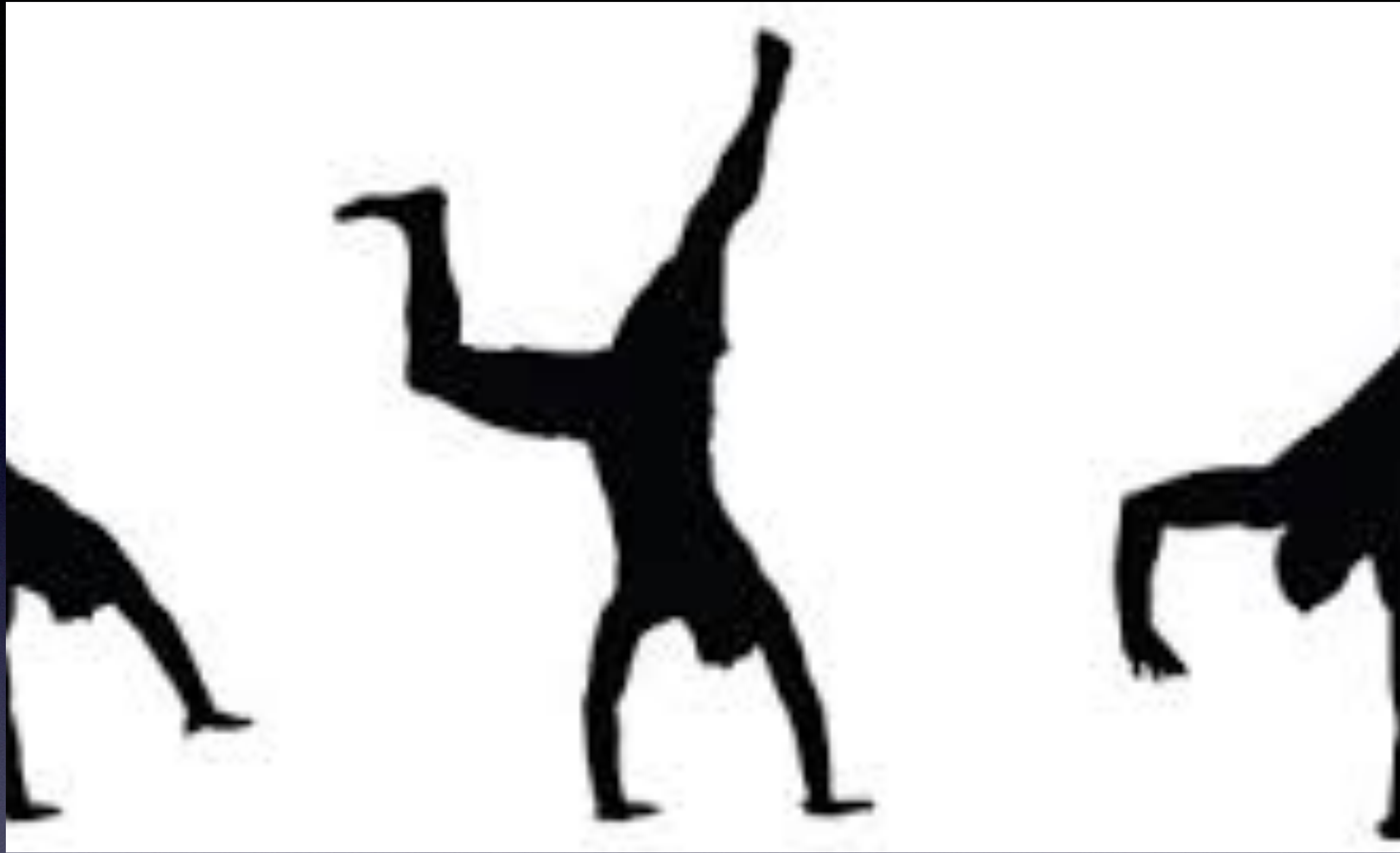


# The Moves

- **Weighted Side Plank**
- **Progression: shoulder lateral raise**







Thank You for Coming!