

HINTS
& TIPS



TRAINING GUIDE

DUMBBELLS

Heritage
GOLD'S GYM. 65

DUMBBELLS TRAINING GUIDE

Heritage65
STRENGTH
PROGRAMME



HERITAGE STRENGTH PROGRAMME

Strength training is one of the best ways to reshape and sculpt your body. The Heritage Strength Programme allows you to achieve your muscular strength and endurance goals. Whether your goal is to gain muscle tone, sculpt, or simply get stronger, Heritage Strength is perfect for all fitness levels. If you have never done any strength training before you may want to start with no weight or a very light weight and increase your resistance as your strength increases over time. With a wide variety of fitness items throughout the Heritage and Gold's Gym Fitness Range, you will always find a product to match your fitness level.



WARMUP

Prior to exercise, make sure you warm up thoroughly to protect against injury and prepare yourself for the activity to come. Warm up for 8 to 10 minutes by walking or jogging lightly on the spot. Try to include some similar movements that make up your workout and keep the intensity low to moderate without leaving you feeling fatigued. Before starting the main workout, include stretches to target your tighter muscles. The duration of the warm up activity will depend on the intensity of your workout as well as your own fitness level.

- Ensure that you wear exercise footwear that gives good support and cushioning.
- Stop if you feel any pain or dizziness.
- Avoid locking or over extending knee and elbow joints.
- Keep breathing - don't hold your breath!
- Remember to work both sides of your body equally.
- Workout to the point of fatigue but not failure.
- Allow at least one day of rest between similar workouts.
- Rest for about 30 seconds between exercises depending on fitness level.
- Initially do 2 sets, increase to 3 or 4 as your fitness improves.

When doing repetitive resistance exercise make sure that you:

- Breathe out on the exertion portion of the movement.
- Perform each repetition in a slow and controlled manner.
- Take about 4 seconds to do one repetition i.e. take about 2 seconds to lift the weight and 2 seconds to lower it.
- Use a full range of motion but stay well within your joint's natural and comfortable range of movement.
- Work up to 10 - 20 repetitions before increasing the difficulty. You can make an exercise harder by adding more weight, moving more slowly or increasing the range of motion (note point above).



EXERCISE TIPS

- Always take care when picking weights up. Bend from the knees, keep your back straight and abdominal muscles tight.
- Start with one or two circuits of the following exercises in the order shown. Increase to three circuits as your fitness improves.
- If you do this programme more than twice a week, alternate between exercises A and B from one session to the next.

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WARNING

ALWAYS CHECK WITH
YOUR DOCTOR BEFORE BEGINNING
ANY EXERCISE PROGRAMME:



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★★
CHEST PRESS (B) - CHEST, SHOULDERS & TRICEPS



06

Lie on the floor, with knees bent and feet flat. For comfort and to improve range of motion, either lie on pillows, a bench or Step. To progress, try using a Gyball. Hold a dumbbell in each hand with thumbs facing inwards and arms up. Keeping your wrists over your elbows, bend your elbows out to the sides until they are level with your shoulders. Return to start and repeat. Breathe in as you lower weights, exhale as you push back up.

Kneel with one leg in front of the other. Your back thigh should be vertical and your front knee at an angle of 90 degrees. Keep your back straight and hold the dumbbell in both hands by the side of your back leg. Then lift the dumbbell diagonally upwards, above your head while twisting to the other side. Keep your hips square while your upper body rotates and keep your eyes on the dumbbell to keep your head in line.

07



★★
KNEELING TWIST & LIFT (A) - LOWER BACK, TRUNK & SHOULDERS

08



Stand straight with the balls of your feet on a step. Holding the weights in your hands, lower your heels, then rise up on your toes as far as possible. Return to the starting position and repeat. As you get stronger, try the exercise on one foot at a time.

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CALF RAISES (B) - CALVES

Stand tall with feet about shoulder width apart. Hold a dumbbell in each hand by your sides and keep your abdominal muscles drawn in. With your palms facing forwards and your elbows held at your sides, raise the weights towards your shoulders until your elbows are fully bent. Lower to your sides and repeat. As an alternative try the exercise with your palms facing inwards.

09



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ARM CURL (A) - BICEPS

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HAMMER CURL (B) - TRICEPS



10

Step forward with the left leg and kneel on the right. Lean forward from the hip and rest the left hand on the thigh. Extend your right arm back until it is parallel to the ground and close to your side. With your elbow kept in that position, bend your arm and lower the weight towards the ground. Lift the weight to straighten your arm and repeat. Once you have completed a set of repetitions, switch arms and repeat.

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LUNGES (A) - THIGHS & BUTTOCKS



01

Stand upright with the weights at your sides. Take a long step forward and lower your body until your back knee almost touches the floor. Your front knee should not extend over your front toe. Then step back so that your feet are together. You can repeat with the same leg or alternate legs. Ensure your hips stay square. If it is hard, start with a shorter step and go further as your flexibility improves.

Holding a dumbbell in each hand, stand upright with feet shoulder width apart. Draw your stomach in and, while keeping your head up and knees slightly bent, bend over at your hips to about 45 degrees and straighten your arms towards the floor. Bend only as far as you can keep your back straight. Pull your elbows back, allowing shoulder blades to come back together, and the dumbbells up towards your sides. Lower to the start point and repeat.



03

Stand tall with feet about shoulder width apart. Hold a dumbbell in each hand at shoulder height, drawing your abdominal muscles in. With your knees slightly bent, push the dumbbells up until your arms are straight. Lower back down to your shoulders and repeat. Try alternating arms or sitting on a Gymball to improve trunk strength and balance. To progress, try combining the Shoulder Press with the Squat.

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SHOULDER PRESS (A) - SHOULDERS & TRICEPS

Hold a dumbbell in each hand and stand upright with feet slightly wider than shoulder width apart. Draw your stomach in, keep your shoulders back and eyes forward. Let your hips go back as you bend your knees. Keeping your weight evenly distributed over your toes and heels, squat down until your knees are at about 90 degrees. Exhale as you stand up. Your knees should not extend over your toes, if they do, allow your hips to go back further.



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UPRIGHT ROW (B)

05

Stand with your feet shoulder width apart and your knees slightly bent. Hold a weight in each hand with your arms in front of the thighs. Pull your hands in a straight line up towards your chin by bending and lifting your elbows until they are just above shoulder height. Make sure arms stay close into your body. Return to the starting position and repeat.

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BENT OVER ROW (A) - BACK & BICEPS



02

04

SQUATS (B) - THIGHS, BUTTOCKS

