



FitKing2Go Dumbbell & Bodyweight Workout

Goal: Build upper body strength, core stability, and mobility using dumbbells and bodyweight movements.

Equipment Needed: Dumbbells, chair, mat

Warm-Up (5 minutes)

Choose 2–3 of the following to activate muscles and increase circulation:

- Arm circles – 30 seconds each direction
 - March in place or light jog – 1 minute
 - Shoulder rolls – 30 seconds
 - Hip openers – 10 reps each side
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Strength Training (Upper Body Focus)

Complete 2–3 rounds. Rest 30–45 seconds between exercises.

Exercise	Instructions
Bent Over Dumbbell Rows	Hinge at hips, back flat. Pull dumbbells toward ribcage. 3 sets of 12 reps.
Dumbbell Shoulder Lateral Raises	Raise arms to sides to shoulder height. Control the descent. 3 sets of 12.
Dumbbell Front Raises	Lift dumbbells straight in front to shoulder height. 3 sets of 12 reps.



Dumbbell Standing Jabs

Hold light dumbbells. Jab forward alternating arms. 3 sets of 30 seconds.

Core Training

Complete 2 rounds. Rest 20–30 seconds between exercises.

Exercise	Instructions
Jack Knives (Chair)	Sit on edge of chair, extend legs and crunch inward. 3 sets of 12 reps.
Walkouts	From standing, walk hands out to plank, then back. 3 sets of 4–5 reps.
Cobra Extension	Lie face down, press chest up gently. Hold for 20–30 seconds.

Stretch & Cool-Down (5–7 minutes)

Hold each stretch for 30–60 seconds. Breathe deeply.

- **Hip Circles** – Loosen hips with slow, controlled circles
 - **Child's Pose** – Relax spine and shoulders
 - **Cobra Extension** – Repeat for spinal mobility
 - **Shoulder Stretch (cross-body)** – Optional addition
 - **Neck rolls** – Optional addition for tension release
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