

A Full-Body Dumbbell Blast



“Dumbbell complexes that target large muscle groups can stimulate more muscle fibers and speed up fat loss,” he says.

Maximize gym time with a smart dumbbell routine like this one from Patrick Striet, C.S.C.S., owner of Force Fitness and Performance in Cincinnati.

Do this: Perform the circuit four times. For the first circuit, do 12 reps of each exercise. Then do 10 reps for the second, 8 for the third, and 6 for the fourth. Rest only after each circuit; select weight and rest time by your experience level.

Beginner: 20–30 pounds, rest 60–90 seconds

Intermediate: 30–40 pounds, rest 45–60 seconds

Advanced: 40–50 pounds, rest 30–45 seconds

