
17. Dumbbell Upper Body Workout

WARM UP

1. Arm Circles. Make small circles forward & backwards, 10X each direction.
2. Shoulder Blade Squeezes. Draw shoulder blades backward & slightly downward toward back pockets and release slowly. Repeat 10X.
3. Goalpost Arm Raises. Start with arms in goalpost. Slowly raise and lower 10X.

DUMBBELL WORKOUT

- Choose a weight that takes you to fatigue at 10 reps.
- Start Light. Listen to your body.
- 10 repetitions, 2 or 3 sets, Square breathing to rest for 30 sec or between sets, .

1. DB farmer's carry or hold.
2. DB hip hinge alternating row R&L
3. Wall or floor push-up
4. DB shoulder press with neutral grip
5. DB reverse fly
6. DB alternating scapions R&L
7. DB alternating biceps or hammer curl (choose one) R&L
8. DB alternating hip hinge triceps kick-backs R&L

COOL DOWN

1. Chin tucks. Move your chin forward, then up a little, then back to lengthen the back of your neck 10X.
2. Self-hug. Hug yourself, then open arms wide, alternate which arm is on top 10X.
3. Arm swings. Swing arms gently side to side, adding a torso twist 10X.

Don't forget progression and recovery

PROGRESSION: *As you continue your dumbbell workout and your muscles adapt to it, you must keep progressing the challenge. Add a small amount of resistance, add a few more repetitions, add a set, or use a greater range of motion. Each increase provides another hormetic nudge, reminding your cells to show up fine-tune, repair, and add new mitochondria.*

RECOVERY: *Recovery is the time between between workouts (and sets) that gives our cells an opportunity to rest, fine-tune, repair, and build. Older adults need more recovery time between workout sessions. Add another day between workouts if you experience persistent soreness, unusual fatigue, discomfort, or reduced strength.*