FULL-BODY DUMBBELL WORKOUT

kickonfitness.com

A fast efficient strenght circuit designed for runners and busy athletes

A fast, efficient strength circuit built to make you feel powerful all day long. Every move in this workout wakes up your muscles, sharpens your posture, and builds the kind of strength that carries you through runs, workouts, and real life. Show up with intention, keep your form clean, and let each round remind you how strong you're becoming.

Workout Flow

1. Complete a quick warm-up: 3–5 minutes: march or jog in place; 8 arm circles each direction; 8 hip circles each direction; 10 bodyweight squats.
2. Perform each exercise in the attached workout for 12 controlled reps
3. Rest 15-30 seconds between movements
4. Complete 3 total rounds

Record your weights and how the workout felt in your journal

Goal: Move with control, keep breathing steady, and choose weights that feel challenging but allow clean form.

HOW TO CHOOSE YOUR STARTING DUMBBELL WEIGHT

Use this simple rule: Pick a weight **where the last 2–3 reps of each set feel challenging but still controlled.**

General starting points:
• Upper body: 5–12 lb dumbbells
• Lower body: 8–20 lb dumbbells
• Core movements: 3–8 lb dumbbells (light, for control)

If you're unsure: Start lighter for Round 1 → increase in Round 2 if form stays clean.

You're ready to go heavier when:
• You finish all 12 reps with no real fatigue
• Your breathing stays calm
• You could easily keep going
• You've used the same weight for 2–3 weeks
*__Pro Tip__ - another way to increase the challenge is to up the number of reps or sets instead of increasing the weight.

The sweet spot:

Challenging, steady reps with clean form and controlled breathing.

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DUMBELL SQUAT – Lower Body Strength

Muscles Used:

Quads • Glutes • Hamstrings • Core stabilizers

Why It Matters:

Builds lower-body strength for running power, improves knee tracking, and reinforces a strong, stable squat pattern.

Instructions:

- Stand tall, dumbbells at shoulders
- Brace core, keep chest lifted
- Sit hips back and down
- Knees track over mid-foot
- Lower to comfortable depth
- Drive through heels to stand



BENT-OVER ROW – Upper Back + Hinge Control

Muscles Used:

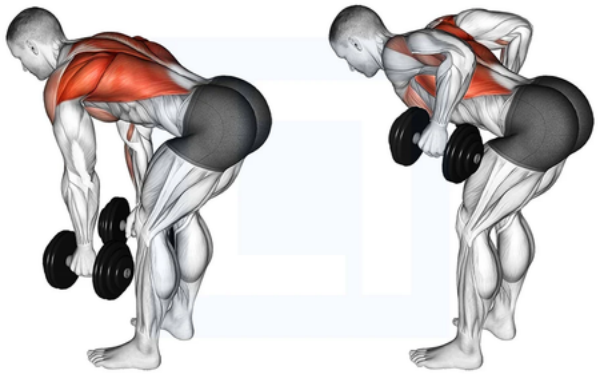
Lats • Rhomboids • Rear delts • Spinal stabilizers • Core

Why It Matters:

Strengthens the upper back for posture and arm drive and reduces late run shoulder fatigue.

Instructions:

- Hinge at hips with long spine
- Let dumbbells hang under shoulders
- Pull elbows toward ribs
- Squeeze shoulder blades
- Lower with control
- Keep core braced



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REVERSE LUNGE — SINGLE-LEG STRENGTH

Muscles Used:

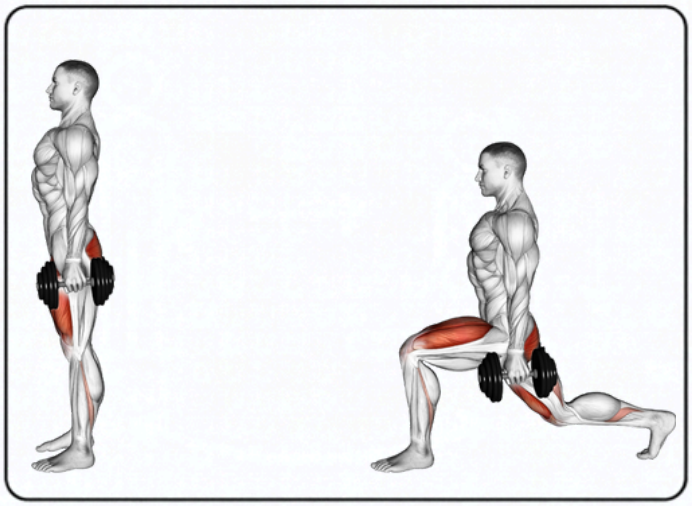
Quads • Glutes • Hip stabilizers • Core

Why It Matters:

Builds unilateral strength, improves balance, and supports stride stability for runners.

Instructions:

- Stand tall, dumbbells at sides
- Step back long enough for a vertical front shin
- Lower straight down — torso stays tall
- Keep hips level and ribs stacked
- Push through the front heel to return
- Switch legs with smooth control



FLOOR CHEST PRESS — UPPER BODY PUSH

Muscles Used:

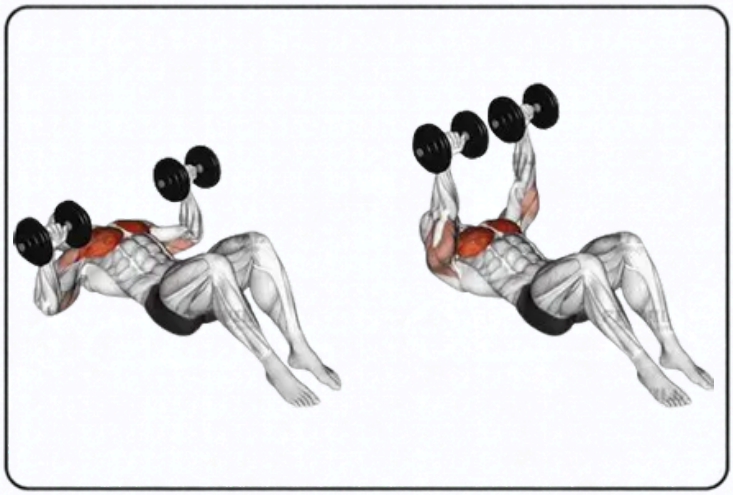
Chest • Triceps • Front delts • Core stabilizers

Why It Matters:

Builds balanced chest and shoulder strength whille protecting posture, especially if you spend long hours sitting.

Instructions:

- Lie on back, knees bent
- Hold dumbbells at chest
- Press straight up
- Lower until elbows tap floor
- Keep wrists stacked
- Smooth, controlled tempo



DEAD BUG WITH DUMBBELL REACH — CORE STABILITY

Muscles Used:

Deep core • Hip flexors • Shoulders • Obliques (stabilizing)

Why It Matters:

Improves core endurance so your posture stays strong during long runs and late-race fatigue.

Instructions:

- Lie on back, arms + legs up
- Extend opposite arm + leg
- Keep low back gently anchored
- Switch sides
- Move slowly with breath
- Avoid arching

