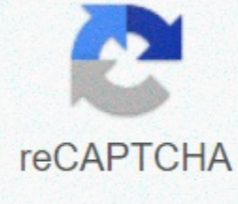




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## 25 lb dumbbell

4.8 out of 5 stars 11,021 \$280.00 \$280.00 \$299.99 \$299.99 \$57.79 \$57.79 \$79.99 4.8 from 5 stars 3 1,844 Visit the help section or contact us at 7S0PONSOARPA7EED-1-1UJ-10FJ-1-1 Page 27S0PONSOARPA7EED-1-1UJ-10FJ-1-1 Page 3 Dumbbells are some of the popular weighted resistance training tools on the market. They are versatile, easy to find and easy to use, and can be trained almost anywhere. They are a free weight type, which means they are not connected to any type of machine or appliance, so you can move freely with them for a variety of workout routines. Bells are also a type of free weight, but unlike bells, bells can be used to train and condition only one side of the body at a time. This is important to help you even out of any of the strength imbalances in your body that have occurred due to injury, surgery, or over-training. When you train with dumbbells, you can also move each limb independently if you want, which means your core has to work harder (and that's a good thing!) to prevent your body from leaning to one side. SPRI offers durable, easy-to-hold dumbbells coated in rubber or vinyl that come in weights ranging from 1 pound each to 50 pounds each. Q: This is my first time using bells of any kind. What weight should I start with? A: To start dumbbell users, it's especially important to choose a suitable weight to start training with. If you want to tone your muscles and increase your endurance (instead of increasing muscle mass), you should select dumbbell weights that allow you to complete 12-20 repetitions of a chosen exercise before your muscles are too tired to continue. But if your goal is to build muscle mass and definition, choose dumbbell weights that you are only able to use for around 8 repetitions of a chosen exercise before feeling too tired to continue. You can always move on to heavier weights when your muscles get used to the challenge. Before buying dumbbells for home use, try various sets in the gym or gym to see what works best for you, or ask for your trainer's advice. Q: How many repetitions of dumbbell should users start doing for each exercise? A: Starting dumbbell users only have to complete as many repetitions as they can comfortably complete before their muscles get tired; 12-20 is a good deal to start with. However, initial users of dumbbells and other free weights should pay even more attention to the form, rather than running through replays. Slow movements are so useful in building muscle and giving the body a good because muscles are forced to stabilize to withstand weight. Also, try not to overcompensate with another part of your body. For example, during bicep curls, standing up straight to maintain good posture, otherwise the hard work will transfer to the back and the back could be sore or tense. Treat Treat appropriate ring shape working in front of a mirror. You can also ask a trainer at the gym to demonstrate the right shape. Q: Won't I train with the bells to make my muscles look unnaturally clustered? A: Bell training will only make you look in bulk if you specifically choose higher weight dumbbells for this purpose. See the first question above. Q: I get bored I know just being in the gym doing bicep curls and another exercise with nonsense. Are there any other workouts I can make you use dumbbells? A: Yes, the bells can be used for more than just one-lying exercises in the gym. They can be incorporated into a number of other workouts for a cross-training type experience. For example, try wearing light bells for long walks; Added weight can help you burn more calories. (However, it is crucial to know the right way to walk with weights in your hand, because swinging them incorrectly could cause shoulder joint injuries. Ask an expert or watch an online video to learn how to walk properly while using dumbbells.) Some people also add free weights to their yoga practice; this can increase muscle awareness and help increase flexibility and lean muscle mass. There are no products matching the filtered results. Adjust the filters on the left. Body-Solid Rubber Coated Hex Dumbbells Sets - 80 to 100 pounds. \$1300.00 Body-Solid Rubber Coated Hex Dumbbells Sets - 5 to 50 Lb. \$1100.00 Hex Dumbbell Set (2 each): 55, 60, 65, 70, and 75 pounds. : 5, 10, 15, 20, 25, 30, 35, 40, 45 and 50 pounds. 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Vinyl Dumbbells \$3.98 Share on FacebookTweet this article (Last updated: November 1, 2020)Let me guess, you have a couple of dumbbells and not much else, but you're looking to get into a good workout I'm also guessing that it's likely at home, whether that or your gym is unfortunate. Either way, you've come to the right place. In this article, I will give you more dumbbell workouts than you can handle. The benefits of CrossFit Dumbbell Workouts I'm sure it feels like a bum just having a couple of dumbbells and wanting a great workout, it's all good though. The good part is that you can still build muscle, fat burning training with just a set of dumbbells. Not only do they take a very small amount of space, much less than their dream home gym. Finally, the bells are also much easier on the joints than the bells are due to increased range of motion and do not have their hands in a fixed position while standing up. The Down Side Of Dumbbells The disadvantage of just having nonsense to train is that you'll probably need more than one set of nonsense. Even if you go with a medium-heavy set of bells it will still be too light for some exercises and too heavy for others. This is unless you have a set of adjustable dumbbells where you can adjust the weight in seconds, if that's the case I consider myself jealous. CrossFit Dumbbell Workouts Ok, time to cut into the chase and get to what you actually came here for, the #1 Dumbbell Run by Time Run 400 meters 20 Dumbbell Net-and-Presses (2x50/ 35 pounds) Run 400 meters 20 Dumbbell thrusters (2x50/35 2x50/35 Run 400 meters 20 Dumbbell Burpees and Presses (2x50/ 35 pounds) Run 400 meters related: 20 CrossFit workouts you can do at home #2 Dumbbell Run carry by time 800 meters Run then, 2 rounds: 8 Dumbbell Burpees to Rushes (2x45/30 lb) 100 metres Farmer's Transport (2x45/30lb) 8 Dumbbell Burpees at presses (2x45/30lb) 100 metres front rack door shoulder (2x45/30lb) Finally, Perform: 800 meters Run #3 Dumbbell Downfall 5 Rounds for Time 5 Man Makers (2x45/25 pounds) 10 Dumbbell Lunges (2x45/25 pounds) 15 Toes-to-Bars 20 Burpees If you don't have the right size dumbbells do your best with what you have. #4 Dumbbell Demons 5 Rounds for Time 5 Dumbbell Unique Arm Snatches (75/40 pounds) 10 Dumbbell Lunges (75/40 pounds) 15 Sit-Ups 20 Burpees Related: The 10 Best Home Gyms for Weightlift The #5 Charging 10 Dumbbell thrusters (2x50 lbs.) 15 Burpees 30 Air Squats Scale back the weight on the thrusters or use whatever weight you have, WODs that combine thrusters and burpees always suck so be prepared. #6 Helton 3 Rounds to Time Run 800 meters 30 Dumbbell Squat Cleans (2x50/35 pounds) 30 Burpees Helton is a WOD hero named after the U.S. Air Force Security Forces 1st Lt. Joseph D. Helton, 24, of Monroe, GA, assigned to the 6th Security Forces Squadron at MacDill Air Force Base in Tampa, FL, died on September 8, 2009, while on a mission near Baghdad. #7 Nick 12 rounds for time 10 Dumbbell Hang Squat Cleans (2x45/35 pounds) 6 Push-Ups handstand at Dumbbells Obviously if you can't do hand support push-ups you can skip this one or replace regular push-ups. This one's pretty brutal so be ready. This is another WOD hero named after Nicholas P. Steinbacher, assigned to the 2nd Battalion, 5th Cavalry Regiment, 1st Brigade, 1st Cavalry Division, based in Fort Hood, TEXAS, who died on December 10, 2006 from injuries sustained when insurgents attacked his Humvee with an explosive artifact #8 Hotel Hell For Time 100 Dumbbell Hang Clean Thrusters (2x35/25 pounds) 5 Burpees to start with, and on top of every minute Continue until you reach 100 hanging clean thrusters. This WOD is from chris Spealer's sick mind. It seems to be a variation of the WOD hero Kalsu who is easily one of the toughest WODs in all of CrossFit. If you need to climb back start with the number of burpees per minute. #9 Tomilson 8 rounds to time run 200 meters 11 Dumbbell Burpee Deadlifts (2x60/40 pounds) This is another WOD hero. Named after Petty Officer of the United States Navy 1st Class (SEAL/Enlisted Surface Warfare Specialist) Jon Thomas TuMileson, 35, of Rockford, AI, assigned to East Coast-based naval warfare unit, which died in August 2011, in Wardak Province, Afghanistan, from wounds sustained when its helicopter crashed. This WOD is a bit on the shorter side, it will probably take about 15 minutes. #10 Painstorm XXI By Time 30 Burpees 30 Deadlifts 30 Burpees 30 30 30 Burpees 30 Strict Presses 30 Burpees 30 Push Rushes 30 Burpees 30 Jerks 30 Burpees 30 Sumo Deadlift High-Pulls 30 Burpees 30 Burpees 3 0 Snatches (Left Hand) 30 Burpees 30 Snatches (Right Hand) 30 Burpees 30 Man Makers Use a couple of Dumbbells everywhere, (55/35 pounds) is recommended but use whatever comes near you and you can handle it. This WOD is long and appropriately named. #11 Joseph Marchbanks Jr. (English) By time 10-9-8-7-6-5-4-3-2-1 Reps from: Alternating Dumbbell Snatches (75/45 pounds) Handstand Push-Ups This hero workout is done in honor of Joseph Marchbanks Jr., FDNY, Battalion 12, who died on September 11, 2001 This workout will fry your shoulders, be ready. #12 Makimba 15-10-5 Reps for Time Dumbbell Thrusters (E2x10) Air Squats Burpees This WOD is actually a CrossFit for kids training so it's good to go with if you're a beginner. This WOD is named after Makimba Mimms, a U.S. Navy sailor, who was taking part in a crossfit workout at his local gym. Mimms complained of severe pain and eventually ended up being hospitalized suffering from suspected rhabdomyolysis. Mimms received \$300,000.00 for his injuries from CrossFit. Instead of refusing his association with Mimms CrossFit's injury he has used it as

proof of how intense he is. #13 Mark Whitford 4 Rounds for Time 15 Dumbbell Thrusters (2×40/20 pounds) Dumbbell 50 metres Dumbbell Overhead Walking Lunges (2×40/20lb) This workout should turn your legs into jelly. This is a WOD hero made in honor of Mark Whitford, a firefighter from Ney Your City who died on September 11, 2001. #14 Fast and heavy thrusters 21 Dumbbell 400 meter Run 18 Dumbbell Thrusters 400 meters Run 15 Dumbbell Thrusters 400 meters Run There is no weight allocated for this WOD, but the name is fast and heavy so you will want to go with something decently heavy that you can complete training with. #15 One Arm Bandit Three rounds by time 10 Dumbbell Snatches, Left (50/35 lb) 10 Dumbbell Overhead Lunges, Left (50/35 lb) 10 Dumbbell Snatches, Right (50/35 lb) 10 Dumbbellhead Over Lunges, Right (50/35 lb) 10 Dumbbell Clean Left (50/35 lb) 10 Dumbbell Front Squats, Left (50/35 pounds) 10 Dumbbell Power Cleans, Right (50/35 pounds) 10 Dumbbell Front Squats, Right (50/35 pounds) Again, if you don't have the exact weight just do the best you can with what you have. #16 Carl 3 rounds by time 30 Dumbbell Thrusters (2×40/25 pounds) Run 800 meters 30 Burpees This WOD features the oh so nice of thrusters and burpees, enjoy. #17 helps with heart then, 5 rounds of: 20 Burpees 10 Dumbbell one-arm Snatches (50/35 pounds) 10 single-arm dumbbell thrusters (50/35 pounds) 10 dumbbell devil presses alternating single-arm Pounds) Finally, perform: Run 400 meter weighted (50/35 pounds) This workout was designed by Kahn Porter for his gym and was done to help raise money for those affected by australia's wildfires. #18 Popeye 3 3 30 Curls (2×25/15 pounds) 30 Strict presses (2×25/15 pounds) 30 Side elevations (2×25/15 pounds) 30 Hammer curls (2×25/15 pounds) 30 Vertical rows (2×25/15 pounds) 30 Push Rushes (2×25/15 pounds) 30 Curls (2×25/15 pounds) 1 minute Rest This WOD is called Popeye because it causes her arms and shoulders to burn like a mother. #19 Home Core 3 rounds by time 15 Dumbbell Sit-Ups 20 Dumbbell Russian Twists 10 Right Side Plank with Hip Raises 10 Left Side Plank with Hip Raises 10 V-Ups As the name suggests, this WOD was designed to be made at home. #20 Bertha 100 Burpees 1 Dumbbell Snatch (24/16 kg)\* \*Performs the ringing stupo at the start of training and every minute at the minute. Add 1 bothon snatch every minute. This WOD is brutal, if you are not fit above average there is a good chance that you will not be able to finish this one. Scale again if necessary. #21 Revgionals 13.2 Four rounds for time 10 One-Arm Dumbbell Snatches (100lbs)100m sprint Obviously you don't have to use a 100lb dumbbell, you just have to use what you have but try to make sure it's heavy. #22 12 minutes of pain Perform as many reps as possible in 12 minutes 30 dumbbell squats 30 Push-Ups #23 Snatches and Burpees By time 50 burpees 40 dumbbell snatches (50 pounds..) 30 burpees 20 dumbbell snatches (50 pounds.) 10 burpees #24 Hotel Workout 4 3 Rounds for TIME 20 Dumbbell Lunges 20 Alternating Dumbbell Snatches This WOD is billed as a hotel workout. As long as you travel with a bell it must be good to go. The recommended weight is 50/35 pounds #25 Swoletel Four Parts in 12 minutes EMOM for 3 minutes: 15 Dumbbell Rows (2×30 pounds) 10 Push-Ups EMOM for 3 minutes: 10 Dumbbell Rows (2× 40 pounds) 10 Push-Ups EMOM for 3 minutes: 5 Dumbbell Rows (2×45 pounds) 10 Push-Ups Seeds, AMRAP in 3 minutes: Dumbbell Rows (2×30 pounds) Our final workout will crush your chest and back, is a short but painful workout. Enjoy. Wrapping it up. If you are stuck at home with only one set of nonsense you can still get in a great workout. Of all the above WODs you are bound to be at least a few you like. Chances are you won't have the right size dumbbells for some of these workouts just improvise as best you can with what you have. If your bells are light then add more representatives, if they are heavier make fewer reps. Ryan is a former college wrestler and lifelong fitness fanatic. She has run half marathons, done clay races, placed in body transformation contests, trained wrestling and now trains women's football. Not to mention he has also tried literally hundreds of supplements over the years and has a vast and thorough knowledge Written by Muscle & Strength, Testosterone Junkie, The Sport Review and other publications. He is also the editor-in-chief of this website. Feel free to connect with him on his LinkedIn page below. Share on FacebookTweet this article Share on FacebookTweet this article

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