

# TRAINING PLAN

2 DUMBBELLS– 12 WEEKS

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The following program is best done with 2 dumbbells and a bench. It is spread over 12 weeks.

We suggest that you watch the videos of the exercises and the techniques used to understand how to apply them.

This program is based on the indoor program where we have replaced the machines and bars.

However, if you have a barbell available, some of the exercises can also be performed with it.

The construction of this program will take place in 3 main phases\*:

Phase 1: energy tone.

Phase 2: shaping and firming.

Phase 3: definition.

*\*Each phase will last 4 weeks. Techniques and modules will be added on the same training basis.*

# TRAINING PLAN

## WARM UP – 2 DUMBBELLS

Before starting your workout, it is always necessary to do a warm-up to prepare your body for the effort.

The warm-up should last between 5 and 10 minutes.

Here are some suggestions. Of course, you can vary the types of warm-ups, the main thing being to feel ready.

Start with 5 minutes of jumping jacks at a moderate pace.

Then do 3 to 4 sets with no weight or with a very light weight allowing you to do 15 to 20 repetitions without ever forcing. (You just need to be "hot").

You can also do progressive sets, i.e., do the first set empty and then very slowly increase the load on the other three.

# TRAINING PLAN

| Monday    | Tuesday   | Wednesday                    | Thursday            | Friiday                        | Saturday                       | Sunday |
|-----------|-----------|------------------------------|---------------------|--------------------------------|--------------------------------|--------|
| Session 1 | Session 2 | Repos ou<br>module<br>ventre | Session 3<br>+ Hiit | Session 4<br>+ belly<br>module | Cardio +<br>gluteal<br>muscles | Rest   |

# 2 DUMBBELLS

PHASE 1 – TONUS ENERGY - SESSION 1

| Muscles           | Exercises                  | Reps       | Series | Rest  | Technique                                                     |
|-------------------|----------------------------|------------|--------|-------|---------------------------------------------------------------|
| Thighs/<br>Glutes | Semi-squat                 | 20         | 3      | 1'    | Full amplitude -<br>Dynamic 1 sec per<br>phase                |
| Thighs/<br>Glutes | Sumo Squat                 | 20         | 3      | 1'    | Full amplitude - 2<br>seconds per phase                       |
| Thighs/<br>Glutes | Dumbbells squat            | 8          | 4      | 1'30" | Stop 2 seconds<br>down                                        |
| Thighs/<br>Glutes | Deadlift straight<br>legs  | 8          |        |       | Full amplitude - 2<br>seconds per phase                       |
| Thighs/<br>Glutes | Wall squat                 | 1'         | 4      | 1'    | Hold on as long as<br>possible                                |
| Thighs/<br>Glutes | Hip Thrust                 | 15         | 4      | 1'30  | 2 seconds of<br>contractions at the<br>top of the<br>movement |
| Cardio            | Exercise of your<br>choice | 30 minutes |        |       | Heart rate: 220 -<br>(age) x0.7 and<br>maintain               |

**SUPERSET**

CLICK ON THE IMAGES TO LAUNCH THE VIDEOS OF THE EXERCISES

**DEMI  
SQUAT  
1/1 DYNAMIC**

**SUMO  
SQUAT**

**FULL  
SQUAT**

**DEADLIFT  
STRAIGHT LEGS**

**WALL  
SQUAT**

**HIP  
THRUST**

# 2 DUMBBELLS

PHASE 1 - TONUS ENERGY - SESSION 2

| Muscles | Exercises                                       | Reps | Series | Rest  | Technique                                        |
|---------|-------------------------------------------------|------|--------|-------|--------------------------------------------------|
| Back    | Rowing board pronation grip or reverse push-ups | 20   | 5      | 1'    | Full amplitude - 2 seconds per phase             |
| Back    | Dumbbell Rowing 1 arm after the other           | 10*2 | 5      | 1'30" | Stop 1 sec at the bottom of the movement         |
| Back    | Pull-Over                                       | 12   | 5      | 1'15" | Full amplitude - 2 seconds per phase             |
| Triceps | Dumbbells at the front                          | 15   | 4      | 1'15" | Full amplitude - 2 seconds per phase             |
| Triceps | Unilateral neck extension                       | 15   | 4      | 1'15" | Stop 1 sec at the top and bottom of the movement |

[CLICK ON THE IMAGES TO LAUNCH THE VIDEOS OF THE EXERCISES](#)

ROWING  
DUMBBELLS  
NEUTRAL  
GRIP

ROWING  
BOARD  
DUMBBELLS  
PRONATION  
GRIP

PULL-OVER

DUMBBELLS  
TO  
FOREHEAD

NECK  
EXTENSION

INVERTED  
PUSH-UPS

# 2 DUMBBELLS

PHASE 1 - TONUS ENERGY - ABS MODULE

| Muscles | Exercises            | Reps or time    | Series | Rest  | Technique                                            |
|---------|----------------------|-----------------|--------|-------|------------------------------------------------------|
| Abs     | Double crunch        | 30              | 5      | 1'    | Full amplitude - 2 seconds per phase                 |
| Abs     | Straight legs raises | 30              | 5      | 1'    | Full amplitude - 2 seconds per phase                 |
| Abs     | Knees raises         | 15              | 5      | 1'30" | Dynamic. Contract the strap well during the exercise |
| Abs     | Climber              | 30 secondes     |        |       | Dynamic. Contract the strap well during the exercise |
| Gainage | Abs 3 profils        | 45" / 30" / 30" | 4      | 1'    | Link the 3 profiles and take the recovery            |

SUPERSET

[CLICK ON THE IMAGES TO LAUNCH THE VIDEOS OF THE EXERCISES](#)

**DOUBLE  
CRUNCH**

**STRAIGHT  
LEGS  
RAISES**

**KNEES  
RAISES**

**CLIMBER**

**ABS  
3 PROFILES**

# 2 DUMBBELLS

PHASE 1 - TONUS ENERGY - SESSION 3

| Muscles   | Exercises               | Reps or time | Series | Rest | Technique                                  |
|-----------|-------------------------|--------------|--------|------|--------------------------------------------|
| Chest     | Dumbell bench press     | 12           | 4      | 1'30 | Full amplitude - 2 seconds per phase       |
| Shoulders | Frontales raises        | 12           | 4      | 1'30 | Full amplitude - 2 seconds per phase       |
| Shoulders | Lateral raises          | 12           |        |      | Full amplitude - 2 seconds per phasephases |
| Shoulders | Standing bird           | 15           | 4      | 45"  | Stop 1 sec at the top of the movement      |
| Biceps    | Concentrated curl       | 10           | 4      | 1'15 | Full amplitude - 2 seconds per phase       |
| Shoulders | Harlow movement         | 10           | 4      | 1'15 | Full amplitude - 2 seconds per phase       |
| Cardio    | Exercice of your choice | 30 minutes   |        |      | HIIT : Beginner 30 / 1'30"Advanced 30 / 30 |

SUPERSET

[CLICK ON THE IMAGES TO LAUNCH THE VIDEOS OF THE EXERCISES](#)

DUMBBELL  
BENCH PRESS

FRONTAL  
RAISES

LATERAL  
RAISES

STANDING  
BIRD

HARLOW  
MOVEMENT

CONCENTRATED  
CURL

# 2 DUMBBELLS

PHASE 1 - TONUS ENERGY - SESSION 4

| Muscles          | Exercises                                         | Reps or time     | Series | Rest | Technique                            |
|------------------|---------------------------------------------------|------------------|--------|------|--------------------------------------|
| Glutes abductors | Sumo squat                                        | 20               | 5      | 1'30 | Full amplitude - 2 seconds per phase |
| Glutes abductors | Hip-thrust                                        | 20*2             | 5      | 1'   | Full amplitude - 2 seconds per phase |
| Calves           | Standing calves on a step                         | 15               | 6      | 1'15 | Full amplitude - 2 seconds per phase |
| Chest            | Push-ups or knee push-ups or dumbbell bench press | Maximum possible | 4      | 1'30 | Full amplitude - 2 seconds per phase |
| Chest            | Inclined push-ups or barbell bench press          | Maximum possible | 4      | 1'30 | Full amplitude - 2 seconds per phase |
| Chest            | Pull-Over                                         | 15               | 4      | 1'15 | Full amplitude - 2 seconds per phase |

[CLICK ON THE IMAGES TO LAUNCH THE VIDEOS OF THE EXERCISES](#)

**SUMO  
SQUAT**

**HIP  
THRUST**

**STANDING  
CALVES ON  
STEP**

**WIDE  
PUSH-UPS**

**INVERTED  
PUSH-UPS**

**PULL-OVER**

**DUMBBELL  
BENCH PRESS**

**SEATED  
DUMBBELL  
BENCH  
PRESS**

# 2 DUMBBELLS

PHASE 1 - TONUS ENERGY - GLUTES MODULE

| Muscles | Exercises               | Reps or time | Series  | Rest | Technique                                                                |
|---------|-------------------------|--------------|---------|------|--------------------------------------------------------------------------|
| Glutes  | Hip Thrust              | 30 seconds   | 10      | 1'30 | Do the 4 exercises without recovery and then take a minute and repeat    |
| Glutes  | Squat                   | 30 seconds   | CIRCUIT |      |                                                                          |
| Glutes  | Squat sumo bodyweight   | 30 seconds   |         |      |                                                                          |
| Calves  | Sitting calves          | 30 seconds   |         |      |                                                                          |
| Cardio  | Exercise of your choice | 30 minutes   |         |      | Target heart rate: $220 - \text{age} \times 0.7$ and maintain the rhythm |

HIP  
THRUST

SQUAT

SUMO SQUAT

SITTING CALVES

CLICK ON THE IMAGES TO LAUNCH  
THE VIDEOS