

RESISTANCE EXERCISE WITH DUMBBELLS		
Beginner phase I (weeks 1-8)**		
50-60% of 1 RM; 2x/week		1-2 weeks: Familiarization phase
Body Part	Exercise	Sets x Reps
Chest	Chest press https://www.muscleandfitness.com/workouts/chest-exercises/videos/dumbbell-bench-press	1 x 12-15
Back	Seated Cable Row https://www.youtube.com/watch?v=ThCZRHtE73E Seated Cable Pull Down https://www.youtube.com/watch?v=8ASt0lcSa9Q	1 x 12-15 1 x 12-15
Arms	Biceps curl https://www.youtube.com/watch?v=in7PaeYlhrM Triceps extension https://www.youtube.com/watch?v=whmm-eStKws	1 x 12-15 1 x 12-15
Shoulders	Overhead press https://www.youtube.com/watch?v=lfb3ffbrd4Q	1 x 12-15
Upper Legs	Leg extension https://www.youtube.com/watch?v=lzWuNYZMd3w or https://www.youtube.com/watch?v=nLub3bnfjI4 Leg Curl https://www.youtube.com/watch?v=ZHIBSI6JPsa	1 x 12-15 1 x 12-15
Lower legs	Calf raise https://www.youtube.com/watch?v=-l02cMHbtqY Calf rise (standing) https://www.youtube.com/watch?v=iYwv4QVFjM	1 x 12-15 1 x 12-15
Rest between sets: 2 minutes as needed		Total sets = 10

Beginner phase II (weeks 1-8)**		
60-69% of 1 RM; 2x/week		3-8 weeks
Body Part	Exercise	Sets x Reps
Chest	Chest press Wall push-up https://www.youtube.com/watch?v=Jjg2Avvd5WY	1 x 12-18 1 x 12-18
Back	Seated Cable Row Seated Cable Pull Down	1 x 12-18 1 x 12-18
Arms	Biceps curl Triceps extension	1 x 12-18 1 x 12-18
Shoulders	Overhead press	1 x 12-18
Upper Legs	Leg extension Leg Curl	1 x 12-18 1 x 12-18
Lower legs	Calf raise Calf rise (standing)	1 x 12-18 1 x 12-18
Rest between sets: 90 seconds		Total sets = 11

Intermediate phase I (weeks 9-24)**		
60-69% of 1 RM; 2x/week		9-16 weeks
Body Part	Exercise	Sets x Reps
Chest	Chest press Wall push-up Chest Flye https://www.youtube.com/watch?v=QENKPHhQVi4	2 x 12-18 2 x 12-18 2 x 12-18
Back	Seated Cable Row Seated Cable Pull Down	2 x 12-18 2 x 12-18
Arms	Biceps curl Triceps extension	2 x 12-18 2 x 12-18
Shoulders	Overhead press Lateral raises https://www.youtube.com/watch?v=iEbCY4B20HA or https://www.muscleandfitness.com/workouts/shoulder-exercises/videos/seated-lateral-raise	2 x 12-18 2 x 12-18
Upper Legs	Leg press https://www.youtube.com/watch?v=v_c67Omje48 Leg extension Leg Curl	2 x 12-18 2 x 12-18 2 x 12-18
Lower legs	Calf raise Calf rise (standing)	2 x 12-18 2 x 12-18
Rest between sets: 90 seconds		Total sets = 28

Intermediate phase II (weeks 9-24)**		
70-79% of 1 RM; 3x/week		17-24 weeks
Body Part	Exercise	Sets x Reps
Chest	Chest press Push-up (knees down) Chest Flye	2 x 10-15 2 x 10-15 2 x 10-15
Back	Chest supported Rows https://www.youtube.com/watch?v=H75im9fAUMc or https://www.youtube.com/watch?v=mHBOUz9KY9A Pull ups https://www.youtube.com/watch?v=EgIMk-PZwo0	2 x 10-15 2 x 10-15
Arms	Biceps curl Triceps extension Triceps kick backs https://www.youtube.com/watch?v=biSHQlqtJfQ	2 x 10-15 2 x 10-15 2 x 10-15
Shoulders	Overhead press Lateral raises Upright rows https://www.youtube.com/watch?v=IhZLB48kluc	2 x 10-15 2 x 10-15 2 x 10-15
Upper Legs	Leg press Leg extension Lunges (no weight) https://www.youtube.com/watch?v=QOVaHwm-Q6U Leg Curl	2 x 10-15 2 x 10-15 2 x 10-15 2 x 10-15
Lower legs	Calf raise Calf rise (standing)	2 x 12-18 2 x 12-18
Rest between sets: 90 seconds		Total sets = 34

Advanced phase I (weeks 25-32)**		
>80% of 1 RM; 3x/week		25-32 weeks
Body Part	Exercise	Sets x Reps
Chest	Chest press (Barbell)	2 x 8-12
	Push-up (knees down)	2 x 8-12
	https://www.youtube.com/watch?v=Q7cPaJZoOng	
	Chest Flye (lying with dumbbell)	2 x 8-12
Back	Incline chest press https://www.youtube.com/watch?v=qSmo-8QapTg	2 x 8-12
	Chest supported Rows	2 x 8-12
	Pull ups https://www.youtube.com/watch?v=qSmo-8QapTg	2 x 8-12
Arms	Shoulder shrug https://www.youtube.com/watch?v=6buT-g-zEZg	2 x 8-12
	Biceps curl	2 x 8-12
	Hammer curls https://www.youtube.com/watch?v=BbxA1QF3TxY	2 x 8-12
	Triceps extension	2 x 8-12
Shoulders	Triceps kick backs	2 x 8-12
	Overhead press	2 x 8-12
	Lateral raises	2 x 8-12
	Rear deltoid flyes https://www.youtube.com/watch?v=sfdFnJwV7Cw	2 x 8-12
Upper Legs	Upright rows	2 x 8-12
	https://www.muscleandfitness.com/workouts/shoulder-exercises/videos/dumbbell-upright-row	
	Leg press	2 x 8-12
	Leg extension	2 x 8-12
Lower legs	Lunges (no weight)	2 x 8-12
	Leg Curl	2 x 8-12
	Calf raise	2 x 8-12
Calf raise (standing)		2 x 8-12
Rest between sets: 60-90 seconds		Total sets = 42

Advanced phase II (weeks 32 +)**		
>80% of 1 RM; 4x/week		32+ weeks
Body Part	Exercise	Sets x Reps
Monday and Thursday		
Chest	Chest press	3 x 6-10
	Push-up https://www.youtube.com/watch?v=Q7cPaJZoOng	3 x 6-10
	Chest Flyes	3 x 6-10
	Incline or decline chest press	3 x 6-10
Back	Chest supported Rows	3 x 6-10
	Pull ups (with or without assist)	3 x 6-10
	https://www.youtube.com/watch?v=OgyqPBBFb-E or https://www.youtube.com/watch?v=ap0ce0xdEg	
Upper Legs	Shoulder shrug	3 x 6-10
	Squat https://www.youtube.com/watch?v=xqvCmoLULNY	3 x 6-10
	Leg extension	3 x 6-10
	Lunges (dumbbells)	3 x 6-10
Arms	https://www.muscleandfitness.com/workouts/leg-exercises/videos/dumbbell-lunge	
	Leg Curl	3 x 6-10
Tuesday and Friday		
Arms	Biceps curl (seated dumbbell)	3 x 6-10

	Biceps curl (Standing barbell) https://www.youtube.com/watch?v=ZqhqOhXCURI Hammer or Preacher curls (seated dumbbell) Triceps extension (lying with barbell or dumbbell) Triceps kick backs (dumbbells)	3 x 6-10 3 x 6-10 3 x 6-10 3 x 6-10
Shoulders	Overhead press (barbell or dumbbell) Lateral raises (dumbbell or cable) Upright rows (barbells or dumbbells) Rear deltoid flyes (dumbbells)	3 x 6-10 3 x 6-10 3 x 6-10 3 x 6-10
Lower legs	Calf raise (seated) Calf raise (standing)	3 x 6-10 3 x 6-10
Rest between sets: 60 seconds		Total sets = 33/day

** Law TD, Clark LA, Clark BC. Resistance exercise to prevent and manage sarcopenia and dynapenia.

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