

DUMBBELLS PLAN

1 week sample



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DAY 1

LOWER BODY S+C

WARM-UP

3 Sets

5/side Jane Fondas
10 steps Ostrich Walk
10 Air Squats

WORKOUT OF THE DAY

Strength Supersets

3 sets of all, rest 60sec

A1) Feet Elevated Glute Bridges

12 reps @ 30X2

A2) DB Split Squat

Tempo 30X1

12/leg x 3 sets

B1) Romanian Deadlifts

Tempo 30X1

12 reps x 3 sets

B2) Curtsy Lunges

12/leg x 3 sets

Conditioning

3 Sets, rest 60sec

5 Drop Squats

5/leg Alternating Forward Lunges

30/leg Mountain climbers

5 Tuck Ups

COOLDOWN

Upward and Downward Dogs

Lying Down Hamstring Stretch

Legs up the Wall Pose



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DAY 2

UPPER BODY S+C

WARM-UP

2 sets

5 Prone Snow Angels
5/side Thoracic Rotations
30sec Side Plank/side
100 Skips

WORKOUT OF THE DAY

Strength Supersets

3 sets of all, rest 60sec

A1) Dumbbell Bent Over Row
Tempo 30X1
12 reps x 3 sets

A2) Dumbbell Deadlifts
Tempo 30X1
12 reps x 3 sets

B1) Dumbbell Floor Presses
Tempo 30X1
12 reps x 3 sets

B2) Single Arm DB Arnold Z Press
12/arm x 3 sets

Conditioning

16-14-12-10
Wall Tricep Push Ups
L Crunches

*Between each round perform 5
Half Burpee x Lateral Jump

Isolation

3 Sets

10 Standing OH Tricep Extension
10 Dumbbell Bicep Curl into Press
10 Lateral Raise into Front Raise
rest 60sec

COOLDOWN

Static Back x 2mins
Knee to Chest x 30sec/side
Upward and Downward Dogs x
5/variation



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DAY 3

LOWER BODY S+C

WARM-UP

3 Sets

10 DB Glute Bridge

10 Superwoman

30sec Plank Hold

30sec Wall Sit Hold

WORKOUT OF THE DAY

Strength

A1) Cyclist Goblet Squat

Tempo 30X1

12 reps x 3 sets

A2) DB Frog Pump

Tempo 30X2

20 reps x 3 sets

B1) Dual KB Sumo RDL

Tempo 30X1

12 reps x 3 sets

B2) DB Suitcase Forward Lunges

12/leg x 3 sets – not alternating

Conditioning

Every 2 min X 8 sets (ie 4 sets each)

1st - 20sec HARD High Knees +

3/side Goblet Kneeling to Standing

2nd – 20sec Cross Body Mountain

Climbers + 10 DB Swing

*Start a new set every 2mins and alternate between 1st and 2nd

COOLDOWN

Legs up the wall pose

Upward Downward dog

Quad Stretch

Lying Down Hamstring Stretch

Butterfly Stretch



DAY 4

UPPER BODY S+C

WARM-UP

2 Sets

5/side Bird Dogs

10 Scapula Push Ups

5/side Towel Rotations

30sec Side Plank/side

B2) DB Tripod Row

Tempo 30X2

12/arm x 3 sets

Conditioning

3 Sets, rest 60sec

5 Dumbbell Facing Burpees

10/side Single Leg V Ups

20/leg Mountain Climbers

5 Up Downs

20/leg Butt Kicks

WORKOUT OF THE DAY

Strength

A1) Knee Push Ups

6 reps x 3 sets

A2) Alternating KB Gorilla Row

Tempo 30X1

12/side x 3 sets

B1) Dumbbell Shoulder Presses

Tempo 30X1

12 reps x 3 sets

Isolation

3 Sets

12 1 1/4 Hammer Curls

12 DB Close Grip Floor Press

COOLDOWN

Legs up the wall pose

Cat Camel stretches

Upward Downward dog

Arm on the wall stretch

Childs Pose



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DAY 5

CARDIO + CORE

WARM-UP

2 sets

- 10 Theraband Glute Bridges
- 10 Feet Elevated Glute Bridges
- 10 Donkey Kick to Fire Hydrant

WORKOUT OF THE DAY

A) Cardio

250m jog, 250m walk
X 6-8 sets

B) Core

3 sets

- 10 L Crunches
- 10/side Bodyweight Russian Twists
- 10/side Heel Taps
- 30sec Side Plank/side

COOLDOWN

Upward and Downward Dogs
Lying Down Hamstring Stretch
Legs up the Wall Pose