Random Dumbbell Intervals

*All Intervals Are Good Intervals*

By

Eddie Lomax
Optimum Fitness Network LLC

http://www.BestAtHomeWorkouts.com
Random Dumbbell Intervals: "All Intervals Are Good Intervals"

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For Your Safety

The best way to aim for fitness, health and physique improvement is to stay healthy, safe and injury free... so always use common sense to guide your training. The material contained in this book is for informational purposes only.

The author and anyone else affiliated with the creation or distribution of this book are NOT liable for damages or injuries allegedly caused by or resulting from the use of this material. Before beginning this, or any exercise program, I recommend you consult with your doctor for authorization and clearance.

The information enclosed will not, and never should, substitute for the need of seeking the advice of a qualified medical professional.

Under no conditions should you begin this program unless you can honestly answer "no" to all the following questions:

- Has your doctor ever said that you have a heart condition, and you should only do exercise performed under a doctor's supervision?
- Do you ever feel pain in your chest when you exercise?
- In the past three months, have you had chest pains when you were doing physical work?
- Do you lose your balance because of dizziness, or do you ever lose consciousness?
- Do you currently have a problem with bone, joint, tendon, ligament or muscle tears that will worsen by a change in your physical training?
- Is your doctor prescribing medication for a blood pressure, circulatory or heart condition?
- Do you know of any other reason you should not engage in a physical exercise program?

Answered "no" to all the questions... Great! Let’s get started.

About The Author

Eddie Lomax is the Founder & President of the Optimum Fitness Network LLC.

His philosophy of fitness is called OptiFitness... The ability to use all the physical and mental qualities making up human activity in a fluid, seamless and coordinated fashion to successfully survive, flourish and excel in your natural, unpredictable environment and meet the challenges of sport, work and life with excellence under the greatest amount of circumstances.

This philosophy can be seen in his fitness programs:

- Workout Without Weights
- Superior Dumbbell Workout
- Athletic Body Workout
- Gladiator Body Workout

He has been contributing to the fitness community on the Internet since 2005.

He currently lives with his wife in Viña Del Mar, Chile.
What Are Dumbbell Intervals?

Dumbbell Intervals can help you reach new cardiorespiratory endurance levels, burn more calories, increase speed, improve power and generally improve over-all fitness performance.

Cardio Interval Training is a series, or repeated segments, of intense activity, alternated with periods of recovery that can be either reduced activity or complete inactivity.

Dividing your workout into short, intense efforts permits you to perform a greater volume of work at high intensity.

Interval Training allows you to repeatedly reach and sustain a high level of intensity for a cumulative time that is greater than what you could achieve during continuous training with the same intensity.

Since the intervals are of shorter duration, you can keep the intensity high... for example, you can run at a higher speed for 30 seconds and then resting, repeated 10 times, than you could run for 5 minutes straight.

For Dumbbell Intervals, you use dumbbell exercises that involve all the muscles in the body and perform the exercise in a repetitive manner as to place the heart and lungs under stress... as well as the muscles.

What Intervals Are Best?

There is an ongoing debate as to which duration interval is better.

Some people like short intervals, like the Tabata Protocol... 20 seconds of intense activity, 10 seconds rest, repeated 8 times.

Performing intervals of 30 seconds active with 30 seconds rest are popular.

Some like 1 minute active, 1 minute rest better.

Others like longer intervals, up to 5 minutes with equal or less rest.

What you notice is the shorter the interval, the more intense.
As the active interval time increases, the intensity decreases.

So which one is BEST? No-one knows for sure, and the answer depends greatly on what you are trying to accomplish. I contend that there are NO bad intervals, and that you should perform a large variety of intervals.

Instead of worrying about what is BEST, accept that ALL intervals have something to offer and perform a wide variety at the highest intensity possible for the active interval time period.

The truth is... You should perform Dumbbell Intervals for high intensity, short duration, medium intensity, medium duration and low intensity, long duration.

The Random Interval Maker

Every time you want to perform a Dumbbell Interval session, use one die to figure out the intervals.

You will roll the single die a total of three times.

The first roll... Multiply by 10 to get the active interval (in seconds).

<table>
<thead>
<tr>
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<th>x10</th>
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<tbody>
<tr>
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<td>20</td>
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<td>50 seconds</td>
</tr>
<tr>
<td>6</td>
<td>60</td>
<td>60 seconds</td>
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The second roll... Multiply by 5 to get the rest interval (in seconds).

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<tbody>
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<td>5 seconds</td>
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<tr>
<td>2</td>
<td>10</td>
<td>10 seconds</td>
</tr>
<tr>
<td>3</td>
<td>15</td>
<td>15 seconds</td>
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Random Dumbbell Intervals: "All Intervals Are Good Intervals"

<table>
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</tr>
<tr>
<td>2</td>
<td>4</td>
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</tr>
<tr>
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<td>6</td>
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<tr>
<td>5</td>
<td>10</td>
<td>10 intervals</td>
</tr>
<tr>
<td>6</td>
<td>12</td>
<td>12 intervals</td>
</tr>
</tbody>
</table>

The third roll... Multiply by 2 to get the number of intervals.

Examples...

If you roll a 3, 2, 4... you would do 30 seconds active interval with 10 seconds rest between intervals for a total of 8 intervals.
If you roll a 6, 1, 5... you would do 60 seconds active interval with 5 seconds rest between intervals for a total of 10 intervals.

You get the picture.

Do not change the numbers around to make the Dumbbell Interval session easier... be honest and leave it up to chance!

Choose an exercise from the list below and perform for the number of intervals and times designated by the roll of the dice.

The Two Dice Method

If the method above is too complicated, or you just don’t feel like doing the math... use this method.

Roll two dice and do that many minutes of the exercise you have selected... taking breaks as necessary.
So if you rolled a 4 & 2, you would do 6 minutes.

Try to do as many as possible, only rested when needed.

Do not change the numbers around to make the Dumbbell Interval session easier... be honest and leave it up to chance!

Choose an exercise from the list below.

**The Exercises...**

**DB One Arm Hanging Snatch**

**Starting Position:** Stand with a wide stance, chest out, head up and shoulders back while squatting and holding a dumbbell hanging with one hand down the center of your body.

The non-working arm should be used for balance and the fist clenched for strength.

**Action:** Explode upwards by extending your knees and hips and drive up on your toes.

Then shrug your shoulder and flex the elbow out to keep the dumbbell traveling close to your body.

As the dumbbell reaches its highest position, simultaneously flip your wrist over and slightly dip your knees to “catch” the dumbbell with extended arm over your head and stand up.

The height of the dumbbell should be accomplished by the explosive movement, not arm strength.

Control the dumbbell back to the Starting Position.

Half way through the time period, switch hands.

**Breathing:** Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.
Directions: Perform the exercise for the time period of the active interval, rest for the rest interval and repeat the total number of intervals designated. Switch arms about halfway through the interval as fast as possible.

Reminder: With this and all one arm dumbbell exercises... start with the weak arm first.
DB Two Handed Swing

Starting Position: Grasp one dumbbell with both hands and squat down with a wide stance so the dumbbell hangs between your legs.

Keep your chest out, head up and the natural curve of your lower back.

Action: Swing the dumbbell back through your legs and reverse the direction by forcibly extending the knees and thrusting with the hips to swing the dumbbell outwards.

The movement of the dumbbell comes from the explosion and snapping of the legs and hips, not arm strength. Your arms just guide the dumbbell in an arching motion.

When the dumbbell reaches about shoulder height, guide the dumbbell back along the same path to the Starting Position, immediately letting the dumbbell swing back through the legs in preparation for the next repetition.

Remember, you are squatting down by lowering your hips and bending at the knees, you are NOT bending over.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform the exercise for the time period of the active interval, rest for the rest interval and repeat the total number of intervals designated.

Variation: Instead of reversing direction when the dumbbell reaches shoulder height, continue the motion and use the arms to pull the dumbbell to the overhead position. Guide the dumbbell back along the same path to the Starting Position, immediately letting the dumbbell swing back through the legs in preparation for the next repetition.
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DB Split Jerk

Starting Position: Stand with your feet about shoulder width apart and the dumbbells at your shoulders with elbows facing forward and palms facing each other. (Can also be done with the shoulder press position where the elbows are below the wrists, but it is much harder with heavy dumbbells). Keep your chin tucked, your chest up and the natural arch in your lower back.

Action: Sit back with your butt and hips and bend at the knees slightly without letting your knees extend past your toes.

Explosively reverse the direction by extending the hips and knees in a jumping motion. Use your arms to guide the dumbbells into an overhead extended position as you simultaneously split your legs to catch the dumbbell in the lunge position.

Remember, it is the explosive movement, not the arms, that raises the dumbbells. The arms are used to catch the dumbbells, not push them into place.

Do not allow the front knee to extend past the toes, and only bend the back knee slightly. Try to stick the landing at the same time the dumbbells are locked out at max height.

When you are in the full lunge position, elbows locked and under control, push off the front foot and bring it backward until parallel with the other leg.

Return the dumbbells to the Starting Position.

Alternate the forward leg with each repetition.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform the exercise for the time period of the active interval, rest for the rest interval and repeat the total number of intervals designated. Switch leg forward with each repetition.
Variation: Perform the Alternating DB Split Jerk. The same as the DB Split Jerk except you only raise one arm at a time instead of both arms.

Lift the arm opposite the leg extending forward in the catch position. The non-working arm should remain at shoulder level. Alternate the arm raised and forward foot with each repetition. This requires much more balance and coordination then a two handed DB Split Jerk.
DB Golf Squat

Starting Position: Grasp one dumbbell with both hands and squat down with a wide stance so the dumbbell hangs between your legs.

Keep your chest out, head up and the natural curve of your lower back.

Action: Explode up by extending your hips and knees as you rotate your upper body, lifting the weight towards the ceiling.

Keep your arms straight as if you are swinging a golf club.

Reverses directions and return to the Starting Position.

Alternate sides each repetition.

Breathing: Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

Directions: Perform the exercise for the time period of the active interval, rest for the rest interval and repeat the total number of intervals designated. Alternate the side you swing the dumbbell with each repetition.
DB Thrusters

**Starting Position:** Stand with your feet about shoulders width apart and the dumbbells held at shoulder level with elbows below wrists and palms facing each other.

**Action:** Sit back with your butt and hips and bend at the knees until thighs are parallel to the ground.

Reverse direction and stand up, pressing the dumbbells overhead with extended arms.

Reverse the path and return to the Starting Position and immediately drop down for another repetition.

This exercise should be done fluidly, without pausing or jerky motions.

**Breathing:** Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

**Directions:** Perform the exercise for the time period of the active interval, rest for the rest interval and repeat the total number of intervals designated.
**Squat Clean**

**Starting Position:** Stand with your feet about shoulder width apart, chest and head up, and shoulders back with dumbbells held at your sides, palms facing your body.

**Action:** Sit back with your butt and hips and bend at the knees slightly, keeping the weight on your heels and let the dumbbells slide down the thighs. Your back should remain straight, head up and shoulders back.

Reverse the direction and explode up by straightening the knees, pushing the hips up and out and lifting your heels off the ground.

At the height of the jumping movement shrug your shoulders so the dumbbells move up along your rib cage close to the body.

When the dumbbells reach about the height of your armpits, rotate the elbows around and under the dumbbells as you simultaneously bend at the hips and knees to “catch” the dumbbells at the shoulders in the squat position. The elbows should be straight out in front of you.

Do not allow the knees to bend forward, which will cause you to catch the dumbbells with elbows down.

Once you have “caught” the dumbbells in a good squatting position, elbows high, good balance and under control, extend hips and knees to stand.

Control the dumbbells back to the Starting Position.

**Breathing:** Keep your core tight throughout the entire exercise, exhaling through pursed lips on the way up and inhaling through the nose on the way down.

**Directions:** Perform the exercise for the time period of the active interval, rest for the rest interval and repeat the total number of intervals designated.

**Variation:** Perform the Alternating DB Squat Clean. The same as above except you only raise one dumbbell at a time. The non-working arm remains at your side as you “catch” the other dumbbell. Alternate side with each repetition.

Do not allow the knees to bend forward, which will cause you to catch the dumbbells with elbows down.
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Additional Dumbbell Cardio Routines

Here are three of my favorite Dumbbell Cardio Routines that you can use instead of the intervals above.

**Combination Cardio**

Use the Random Interval Maker method above, but instead of just doing a Dumbbell Exercise, alternate the dumbbell exercise with another high intensity activity.

Let’s say you roll a 3, 2, 4... you would do 30 seconds active interval with 10 seconds rest between intervals for a total of 8 intervals.

Example...

Combine DB Thrusters with the Stationary Bike.

Do 30 seconds Trusters, rest 10 seconds, do 30 seconds INTENSE biking, rest 10 seconds, 3’0 seconds Thrusters, etc. until you have completed a total of 8 intervals.

Use the rest period to make your transition from one exercise to another.

Sprinting and Jumping Rope are great options because you can make the transition easily.

**Descend Into Hell**

Use any of the exercises above and perform in the following fashion...

| 2 sets | 16 reps |
| 2 sets | 12 reps |
| 2 sets | 10 reps |
| 2 sets | 8 reps  |
| 2 sets | 6 reps  |
| 2 sets | 4 reps  |
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Do the routine as fast as possible, taking only short breaks between sets.

Pick a weight that you can do the given exercise about 20 times.

Increase the weight when the workout becomes easy.

For two handed exercises, you will perform the number of reps stipulated TWICE before reducing the number of repetitions.

For one handed exercises, you will perform the number of reps stipulated ONCE for each arm before reducing the number of repetitions.

**Two Exercise “Elevators”**

Pick two of the TWO HANDED exercises above and perform in the following fashion...

<table>
<thead>
<tr>
<th>EXERCISE 1</th>
<th>EXERCISE 2</th>
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<tbody>
<tr>
<td>20 reps</td>
<td>1 rep</td>
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<td>2 reps</td>
<td>19 reps</td>
</tr>
<tr>
<td>1 rep</td>
<td>20 reps</td>
</tr>
</tbody>
</table>
Do the routine as fast as possible, taking only short breaks between sets.

This is extremely difficult, so start off with a lighter weight that allows you to perform the exercises without a large break in between... you want to keep the pace fast!

Increase the weight when the workout becomes easy.
Recommended Dumbbell Only Workout Program:

Extreme Dumbbell Fitness

Extreme Dumbbell Fitness is a HUGE dumbbell only workout program... or should I say TWO complete workout programs wrapped into one.

**Optimum Fitness & Physique System:** In these workouts you rotate between General Fitness, Fat Loss and Strength & Size Workouts. This keeps the workouts fresh and new, while keeping you on the path of continuous progression. I've even included the Build Your Own Workout so you can take an active role in creating a workout specific to your needs!

**Above & Beyond Package:** These workouts are probably unlike anything you’ve done before. They are designed to take your fitness, fat loss and physique building to new height and exceed your expectations. You're going to put all your physical and mental improvements to the test!

[Click Here To Get Full Details On Extreme Dumbbell Fitness](http://www.BestAtHomeWorkouts.com)