

REFRESH

A fresh look at dumbbell basics.

WHAT YOU'LL NEED FOR THESE WORKOUTS

3-4 PAIRS OF DUMBBELLS

These workouts were written with dumbbells in mind as the resistance that you'll be using, but a little creativity can go a long way! If you don't have dumbbells, you can use any form of weight that you can progress from week to week. Resistance bands are a budget and storage-friendly alternative to buying a whole set of dumbbells!

That's it! Have fun!



GENERAL WORKOUT GUIDELINES

Think of these guidelines as “best practices” tips as you go throughout any workout that you do in this program.

1. **BE SAFE** - Injury is the worst case scenario when it comes to making progress toward your fitness goals. Do not attempt to lift any weights with your ego.
2. **PUSH YOURSELF** - On the flip side, these workouts will only be effective if you truly apply your focus and effort. Try bumping up your weight by one increment. If you are being safe, the worst case scenario is that you simply won't be able to complete all of the prescribed reps. Do not add more reps if a set felt too easy. Add more weight, then add more time.
3. **PUSH YOUR LEGS** - Most people will be able to lift significantly more with their legs than with their arms, so don't be afraid to push some challenging weight! Your legs are strong and are made up of lots of muscle mass. Use it!
4. **CHOOSE YOUR OWN VARIATIONS** - I wrote out and demonstrated most of the exercises using bands because that's what most people have access to. However, as long as you stay within the guidelines of the movement pattern of each exercise, you can add weights or chains, swap out the bands for sandbags, gallons of milk or even change the tempo of the exercises! These are all fringe details, and will not have a significant impact on your progress one way or another.
5. **USE YOUR RESOURCES** - Each exercise title in this workout plan is a hyperlink to a demonstration video. Click on these if you need more concrete directions!
6. **HAVE FUN** - Remember that there is probably not a real rush for you. You may feel in a hurry to reach your goals, but take a little time to “smell the bands” and enjoy the journey!

WORKOUT PROGRAM OVERVIEW

“REFRESH”			
Length	Goal	Workouts/Week	Split
9 Weeks	Total Body Strength	3	Push, Pull, Legs

Working out at home doesn't have to suck. In fact, it might be just what you need to really get dialed in and focused on the right things.

The fitness industry has become quite glitzy and glamorous over the years, but very little has actually changed about what we know about building strength and building muscle. This will come as a surprise to no one, but lifting weights that target each muscle group in an increasingly challenging way is the best (if not the only!) way to reach these goals of strength and size.

“REFRESH” is all about taking a big, deep breath, and grounding yourself back into the strength training basics that have stood the test of time. The deceiving thing about the basics in any sport, art, or activity is that they are easy to understand, yet often difficult to master. In fact, we often forget about them altogether because they aren't always flashy or exciting.

But they do work, and that's why you're here.

This 9 week workout program utilizes many of the basic training principles that are required for getting stronger and bigger, such as progressive overload, a simple rep/set scheme, and compound movements that will challenge your whole body. It's all the things you need, and none of the things you don't.

Enjoy! 🤝

A QUICK NOTE!

You'll notice that the first week of workouts uses a 2 x 15 scheme for sets and reps, with 5 exercises per workout. This may initially feel a bit underwhelming in terms of intensity - you may be used to doing workouts with much higher volume, such as 4 x 10 schemes or 6-8 exercises.

It takes a huge mental shift to accept and apply this, but there's a term in the fitness world called "junk volume." This is basically all the extra work that people often cram into their workouts in order to **feel** like they got a great workout in. Doing a crazy number of sets and reps, trying to lift too much weight for half reps, doing all of this with poor form, etc. Approaching fitness in these ways will not benefit you in the short or long run, even if it **feels** intense.

That being said, lift with purpose. Even if you're "only" doing 30 reps per exercise and 5 exercises per workout, make all 150 of those reps count. If they feel too easy, check your form. If your form is awesome, grab heavier weights. If you've maxed out your weights, take your reps slower.

I know this next statement will also take a huge mental shift to accept and apply, but I think you can handle hearing this:

If you're a beginning exerciser or you've been lifting weights for less than a few years, you could do this exact 9 week program on repeat over and over and over for a few years before it would ever become "too easy." Keep this in mind as you lift! 💪

Week 1

Directions: Perform given sets and reps/times for each exercise. Use as heavy of a load as you can handle with good form for each exercise. Complete all sets of each letter exercise (i.e. all A's, then all B's, then all C's, etc.) before moving on to the next letter exercise.

Workout 1 - Push

				Sets	
EXERCISE	SETS	REPS	REST	1	2
A1) Overhead Press	2	15	90 SEC		
B1) Incline Bench Press	2	15	90 SEC		
C1) Bench Press/Push-Up	2	15	90 SEC		
D1) Overhead Extension	2	15	0 SEC		
D2) Chest Fly	2	15	90 SEC		

Workout 2 - Pull

				Sets	
EXERCISE	SETS	REPS	REST	1	2
A1) Lat Pull-Down/Superman Pull-Up	2	15	90 SEC		
B1) Romanian Deadlift	2	15	90 SEC		
C1) Chest Supported Row	2	15	90 SEC		
D1) Biceps Curl	2	15	0 SEC		
D2) Bent Over Reverse Fly	2	15	90 SEC		

Workout 3 - Legs

				Sets	
EXERCISE	SETS	REPS	REST	1	2
A1) Reverse Lunge	2	15/e	90 SEC		
B1) Single-Leg Hip Thrust	2	15/e	90 SEC		
C1) Squat	2	15	90 SEC		
D1) Double Clamshell	2	15/e	0 SEC		
D2) Power Skip	2	15/e	90 SEC		

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Week 2

Directions: Perform given sets and reps/times for each exercise. Use as heavy of a load as you can handle with good form for each exercise. Complete all sets of each letter exercise (i.e. all A's, then all B's, then all C's, etc.) before moving on to the next letter exercise.

Workout 1 - Push

Workout 1 - Push					Sets		
EXERCISE		SETS	REPS	REST	1	2	3
A1)	Overhead Press	3	12	90 SEC			
B1)	Incline Bench Press	3	12	90 SEC			
C1)	Bench Press/Push-Up	3	12	90 SEC			
D1)	Overhead Extension	2	12	0 SEC			
D2)	Chest Fly	2	12	90 SEC			

Workout 2 - Pull

Workout 2 - Pull					Sets		
EXERCISE		SETS	REPS	REST	1	2	3
A1)	Lat Pull-Down/Superman Pull-Up	3	12	90 SEC			
B1)	Romanian Deadlift	3	12	90 SEC			
C1)	Chest Supported Row	3	12	90 SEC			
D1)	Biceps Curl	2	12	0 SEC			
D2)	Bent Over Reverse Fly	2	12	90 SEC			

Workout 3 - Legs

Workout 3 - Legs					Sets		
EXERCISE		SETS	REPS	REST	1	2	3
A1)	Reverse Lunge	3	12/e	90 SEC			
B1)	Single-Leg Hip Thrust	3	12/e	90 SEC			
C1)	Squat	3	12	90 SEC			
D1)	Double Clamshell	2	12/e	0 SEC			
D2)	Power Skip	2	12/e	90 SEC			

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Week 3

Directions: Perform given sets and reps/times for each exercise. Use as heavy of a load as you can handle with good form for each exercise. Complete all sets of each letter exercise (i.e. all A's, then all B's, then all C's, etc.) before moving on to the next letter exercise.

Workout 1 - Push

				Sets		
EXERCISE	SETS	REPS	REST	1	2	3
A1) Overhead Press	3	10	90 SEC			
B1) Incline Bench Press	3	10	90 SEC			
C1) Bench Press/Push-Up	3	10	90 SEC			
D1) Overhead Extension	2	10	0 SEC			
D2) Chest Fly	2	10	90 SEC			

Workout 2 - Pull

				Sets		
EXERCISE	SETS	REPS	REST	1	2	3
A1) Lat Pull-Down/Superman Pull-Up	3	10	90 SEC			
B1) Romanian Deadlift	3	10	90 SEC			
C1) Chest Supported Row	3	10	90 SEC			
D1) Biceps Curl	2	10	0 SEC			
D2) Bent Over Reverse Fly	2	10	90 SEC			

Workout 3 - Legs

				Sets		
EXERCISE	SETS	REPS	REST	1	2	3
A1) Reverse Lunge	3	10/e	90 SEC			
B1) Single-Leg Hip Thrust	3	10/e	90 SEC			
C1) Squat	3	10	90 SEC			
D1) Double Clamshell	2	10/e	0 SEC			
D2) Power Skip	2	10/e	90 SEC			

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Week 4

Directions: Perform given sets and reps/times for each exercise. Use as heavy of a load as you can handle with good form for each exercise. Complete all sets of each letter exercise (i.e. all A's, then all B's, then all C's, etc.) before moving on to the next letter exercise.

Workout 1 - Push

					Sets			
EXERCISE	SETS	REPS	REST		1	2	3	4
A1) Overhead Press	4	8	90 SEC					
B1) Incline Bench Press	4	8	90 SEC					
C1) Bench Press/Push-Up	4	8	90 SEC					
D1) Overhead Extension	3	8	0 SEC					
D2) Chest Fly	3	8	90 SEC					

Workout 2 - Pull

					Sets			
EXERCISE	SETS	REPS	REST		1	2	3	4
A1) Lat Pull-Down/Superman Pull-Up	4	8	90 SEC					
B1) Romanian Deadlift	4	8	90 SEC					
C1) Chest Supported Row	4	8	90 SEC					
D1) Biceps Curl	3	8	0 SEC					
D2) Bent Over Reverse Fly	3	8	90 SEC					

Workout 3 - Legs

					Sets			
EXERCISE	SETS	REPS	REST		1	2	3	4
A1) Reverse Lunge	4	8/e	90 SEC					
B1) Single-Leg Hip Thrust	4	8/e	90 SEC					
C1) Squat	4	8	90 SEC					
D1) Double Clamshell	3	8/e	0 SEC					
D2) Power Skip	3	8/e	90 SEC					

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Week 5

Directions: Perform given sets and reps/times for each exercise. Use as heavy of a load as you can handle with good form for each exercise. Complete all sets of each letter exercise (i.e. all A's, then all B's, then all C's, etc.) before moving on to the next letter exercise.

Workout 1 - Push

					Sets			
	EXERCISE	SETS	REPS	REST	1	2	3	4
A1)	Overhead Press	4	15/12/10/8	90 SEC				
B1)	Incline Bench Press	4	15/12/10/8	90 SEC				
C1)	Bench Press/Push-Up	4	15/12/10/8	90 SEC				
D1)	Overhead Extension	3	15/12/10	0 SEC				
D2)	Chest Fly	3	15/12/10	90 SEC				

Workout 2 - Pull

					Sets			
	EXERCISE	SETS	REPS	REST	1	2	3	4
A1)	Lat Pull-Down/Superman Pull-Up	4	15/12/10/8	90 SEC				
B1)	Romanian Deadlift	4	15/12/10/8	90 SEC				
C1)	Chest Supported Row	4	15/12/10/8	90 SEC				
D1)	Biceps Curl	3	15/12/10	0 SEC				
D2)	Bent Over Reverse Fly	3	15/12/10	90 SEC				

Workout 3 - Legs

					Sets			
	EXERCISE	SETS	REPS	REST	1	2	3	4
A1)	Reverse Lunge	4	15/12/10/8	90 SEC				
B1)	Single-Leg Hip Thrust	4	15/12/10/8	90 SEC				
C1)	Squat	4	15/12/10/8	90 SEC				
D1)	Double Clamshell	3	15/12/10	0 SEC				
D2)	Power Skip	3	15/12/10	90 SEC				

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Week 6

Directions: Perform given sets and reps/times for each exercise. Use as heavy of a load as you can handle with good form for each exercise. Complete all sets of each letter exercise (i.e. all A's, then all B's, then all C's, etc.) before moving on to the next letter exercise.

Workout 1 - Push

				Sets		
EXERCISE	SETS	REPS	REST	1	2	3
A1) Overhead Press	3	15	90 SEC			
B1) Incline Bench Press	3	15	90 SEC			
C1) Bench Press/Push-Up	3	15	90 SEC			
D1) Overhead Extension	2	15	0 SEC			
D2) Chest Fly	2	15	90 SEC			

Workout 2 - Pull

				Sets		
EXERCISE	SETS	REPS	REST	1	2	3
A1) Lat Pull-Down/Superman Pull-Up	3	15	90 SEC			
B1) Romanian Deadlift	3	15	90 SEC			
C1) Chest Supported Row	3	15	90 SEC			
D1) Biceps Curl	2	15	0 SEC			
D2) Bent Over Reverse Fly	2	15	90 SEC			

Workout 3 - Legs

				Sets		
EXERCISE	SETS	REPS	REST	1	2	3
A1) Reverse Lunge	3	15/e	90 SEC			
B1) Single-Leg Hip Thrust	3	15/e	90 SEC			
C1) Squat	3	15	90 SEC			
D1) Double Clamshell	2	15/e	0 SEC			
D2) Power Skip	2	15/e	90 SEC			

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Week 7

Directions: Perform given sets and reps/times for each exercise. Use as heavy of a load as you can handle with good form for each exercise. Complete all sets of each letter exercise (i.e. all A's, then all B's, then all C's, etc.) before moving on to the next letter exercise.

Workout 1 - Push

					Sets			
	EXERCISE	SETS	REPS	REST	1	2	3	4
A1)	Overhead Press	4	12	90 SEC				
B1)	Incline Bench Press	4	12	90 SEC				
C1)	Bench Press/Push-Up	4	12	90 SEC				
D1)	Overhead Extension	3	12	0 SEC				
D2)	Chest Fly	3	12	90 SEC				

Workout 2 - Pull

					Sets			
	EXERCISE	SETS	REPS	REST	1	2	3	4
A1)	Lat Pull-Down/Superman Pull-Up	4	12	90 SEC				
B1)	Romanian Deadlift	4	12	90 SEC				
C1)	Chest Supported Row	4	12	90 SEC				
D1)	Biceps Curl	3	12	0 SEC				
D2)	Bent Over Reverse Fly	3	12	90 SEC				

Workout 3 - Legs

					Sets			
	EXERCISE	SETS	REPS	REST	1	2	3	4
A1)	Reverse Lunge	4	12/e	90 SEC				
B1)	Single-Leg Hip Thrust	4	12/e	90 SEC				
C1)	Squat	4	12	90 SEC				
D1)	Double Clamshell	3	12/e	0 SEC				
D2)	Power Skip	3	12/e	90 SEC				

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Week 8

Directions: Perform given sets and reps/times for each exercise. Use as heavy of a load as you can handle with good form for each exercise. Complete all sets of each letter exercise (i.e. all A's, then all B's, then all C's, etc.) before moving on to the next letter exercise.

Workout 1 - Push

				Sets			
EXERCISE	SETS	REPS	REST	1	2	3	4
A1) Overhead Press	4	10	90 SEC				
B1) Incline Bench Press	4	10	90 SEC				
C1) Bench Press/Push-Up	4	10	90 SEC				
D1) Overhead Extension	3	10	0 SEC				
D2) Chest Fly	3	10	90 SEC				

Workout 2 - Pull

				Sets			
EXERCISE	SETS	REPS	REST	1	2	3	4
A1) Lat Pull-Down/Superman Pull-Up	4	10	90 SEC				
B1) Romanian Deadlift	4	10	90 SEC				
C1) Chest Supported Row	4	10	90 SEC				
D1) Biceps Curl	3	10	0 SEC				
D2) Bent Over Reverse Fly	3	10	90 SEC				

Workout 3 - Legs

				Sets			
EXERCISE	SETS	REPS	REST	1	2	3	4
A1) Reverse Lunge	4	10/e	90 SEC				
B1) Single-Leg Hip Thrust	4	10/e	90 SEC				
C1) Squat	4	10	90 SEC				
D1) Double Clamshell	3	10/e	0 SEC				
D2) Power Skip	3	10/e	90 SEC				

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Week 9

Directions: Perform given sets and reps/times for each exercise. Use as heavy of a load as you can handle with good form for each exercise. Complete all sets of each letter exercise (i.e. all A's, then all B's, then all C's, etc.) before moving on to the next letter exercise.

Workout 1 - Push

					Sets			
	EXERCISE	SETS	REPS	REST	1	2	3	4
A1)	Overhead Press	4	8	90 SEC				
B1)	Incline Bench Press	4	8	90 SEC				
C1)	Bench Press/Push-Up	4	8	90 SEC				
D1)	Overhead Extension	3	8	0 SEC				
D2)	Chest Fly	3	8	90 SEC				

Workout 2 - Pull

					Sets			
	EXERCISE	SETS	REPS	REST	1	2	3	4
A1)	Lat Pull-Down/Superman Pull-Up	4	8	90 SEC				
B1)	Romanian Deadlift	4	8	90 SEC				
C1)	Chest Supported Row	4	8	90 SEC				
D1)	Biceps Curl	3	8	0 SEC				
D2)	Bent Over Reverse Fly	3	8	90 SEC				

Workout 3 - Legs

					Sets			
	EXERCISE	SETS	REPS	REST	1	2	3	4
A1)	Reverse Lunge	4	8/e	90 SEC				
B1)	Single-Leg Hip Thrust	4	8/e	90 SEC				
C1)	Squat	4	8	90 SEC				
D1)	Double Clamshell	3	8/e	0 SEC				
D2)	Power Skip	3	8/e	90 SEC				

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

ADDITIONAL WORKOUT OPTIONS

If you are more experienced or looking for a more advanced challenge, try incorporating some of these techniques into the workouts from this block:

1. **SHORTENED ROM** - The heavy compound lifts (highlighted in green) already use many different muscle groups all at once. Instead of moving through a full range of motion, make those muscles work even harder by stopping just shy of full extension on each rep. This will create a “pump” sensation caused by metabolic byproducts, which leads to a greater stress response.
2. **SUPPLEMENTAL WORK** - This program will help cover most of your bases fitness-wise, but you’re welcome to tack on any extra exercises/techniques as you see fit for your goals! If you want to work out a specific muscle group more, or train a specific movement pattern, place this supplemental work within the given workouts.
3. **INCREASED TEMPO** - Speeding up your rep speed can be a great way to create explosive power. Specifically, adding an element of controlled speed to the concentric half of a movement is tough! Try this technique out on the heavy compound lifts. Use in combination with a shortened ROM for a great workout!
4. **DECREASED TEMPO** - On the flip side, slowing down your rep speed creates more time under tension and can make any given weight feel more challenging. This is convenient if you are using the maximum weight that you have access to but it still feels too easy. Slow down the eccentric half of a movement to force muscular control. This also works well for the heavy compound lifts.
5. **FOCUS** - Do not underestimate the power of the mind-muscle connection. This isn’t magic of course, but focusing on the muscles that are working to create the movement of each exercise can take your workouts to a new level. Rather than whipping a too-heavy weight around without much thought, grab an appropriate weight and watch your muscles contract under tension. It’s beautiful, too!