

## Total Body Dumbbell Thrusters

**Purpose:** To strengthen and tone the entire body

**Target Muscles:** Quads, Glutes, Delts, Traps, & Rhomboids

**Assisting Muscles:** Hamstrings, Abdominals, & Lats

**Equipment Needed:** Dumbbells or Kettle Bells, Stability Ball (optional)

**Start Position:** Begin with the feet shoulder width apart, toes pointed forward. Position weights or kettle bells at shoulder height, with elbows held close to the body. If using dumbbells, keep palms facing one another. Engage the core by contracting the abdominals.

**Sit into Squat:** Inhale, brace the abs to help keep a straight back and bend the knees as if preparing to sit in a chair. Continue to slowly squat until upper thighs are parallel to the floor, keeping heels down and knees behind toes.

**Press Up:** In a single motion, exhale and push off your heels to straighten the legs while pressing the weights up overhead. Be sure not to lock the knees and avoid overarching the back by keeping the abdominals contracted. Perform 2-3 sets of 12-15 repetitions, allow for 30-seconds rest between sets.



**Modification:** Use a stability ball to assist with proper form. Place ball against wall and position on middle to lower back. Walk the feet out slightly. Slowly squat, keeping the knees over feet and lower back pressed against ball. In a single motion, straighten legs while pressing weights straight overhead. Perform 2-3 sets of 12-15 repetitions.