

**Names:** Makenna Sunbury and Brady Wright

**Teaching Date:** 12/2/2021

**Demographic:** College students who are looking to gain whole body muscular power and endurance.

**Topic:** Total Body Resistance Workout with Dumbbells

**Equipment / Teaching Aids:** Dumbbells (kettlebells if necessary) and plyo boxes

**Goal of Lesson:** Increase muscular endurance and power while also learning proper techniques for exercises with dumbbells.

**Music:** Brady's Workout Playlist

**Objectives:**

*Cognitive*

1. Students will learn about total body resistance training exercises with dumbbells and how they help to increase muscular endurance and power.
2. Students will understand why dumbbells are an effective way to complement a resistance training workout.

*Psychomotor*

3. Students will perform two circuits, one lower and one upper body workout, with dumbbells.
4. Students will go through a proper warmup, activity, and cooldown resistance training routine.

*Affective*

5. Students will be able to use the information they learned about resistance training with dumbbells to create their own personal workout plan.
6. Students will be able to use the information learned about resistance training with dumbbells to create a workout plan for clients in the future, while making appropriate accommodations.

**Activity Layout:** (around 50 minutes for the total workout)

**Warm up:** (8 minutes; Makenna and Brady)

- Jumping Jacks ( 1 Min)
- Over-head arm pulls (30 seconds for each arm)

- Cross body arm pull (30 seconds for each arm)
- Quad pull (30 seconds each leg)
- Calf stretch (30 seconds each leg)
- Toe touch (1 minute)
- Glute Bridge ( 1 Minute)
- High Knees ( 1 Minute )

**Upper Body ( 1 Minute for each Station, 30 seconds of rest between each station, repeat the circuit twice ) 16 minutes total**

- Curls
- Skull crushers
- I, Y, Ts
- Chest flys
- Bent Over rows

**Lower Body ( 1 Minute for each Station, 30 seconds of rest between each station, repeat the circuit twice ) 16 minutes total**

- Goblet Squat
- Lunges
- Calf raise
- Wall Sit ( Pass plate)
- Box jump

**Cool Down/Stretches (8 minutes total; Makenna and Brady)**

- Downward Dog with peddling(1 minute)
- Single-leg over (30 seconds each leg)
- Thigh stretch (30 seconds each leg)
- Straight Arms Behind Back (30 seconds)
- Hip Flexor (30 seconds each leg)
- Child's Pose (30 seconds)\

- Overhead Arm pull ( 30 Seconds Each Arm)
- Side body bend (30 seconds each side)
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### **Question & Answer:**

1. What are some things you all learned today about resistance training with dumbbells?
2. Do you all have any questions for us?

## **References**

*28 of the Best Dumbbell Exercises for Building Muscle*. Men's Health. (2021). Retrieved from  
<https://www.menshealth.com/uk/building-muscle/a755117/the-10-best-dumbbell-exercises/>.

*30-Minute Lower Body Dumbbell Workout (Video) | Nourish Move Love*. Nourish, Move, Love. (2021). Retrieved from  
<https://www.nourishmoveandlove.com/strength-lower-body-dumbbell-workout/>.