



# LUSPER Dumbbell Set Adjustable Weights Instruction Manual

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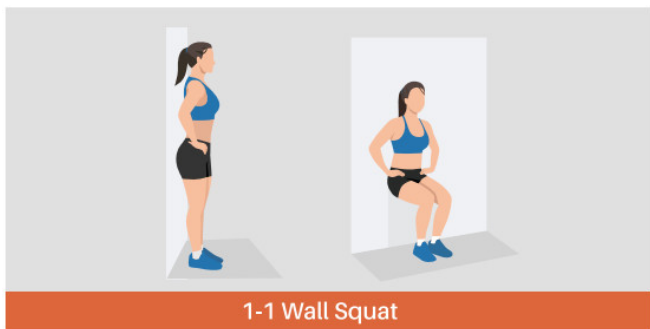


## Contents

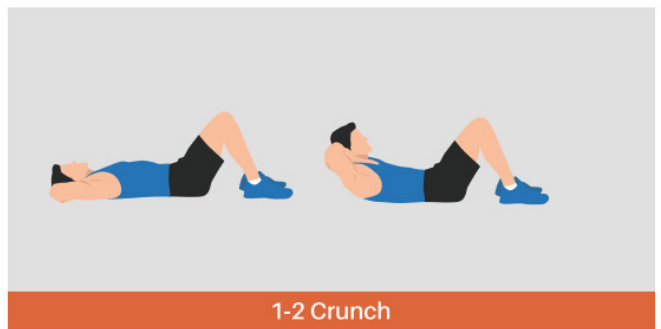
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## Dumbbell Set Adjustable Weights

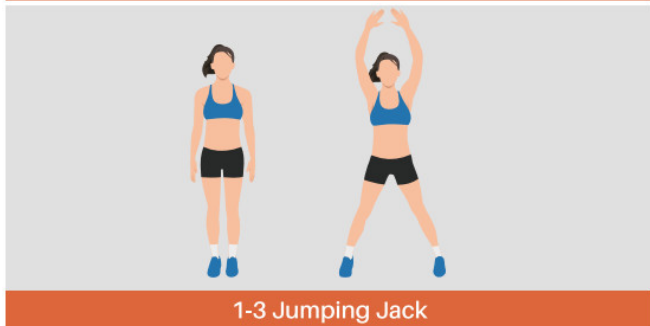
### 1. WARMUPS



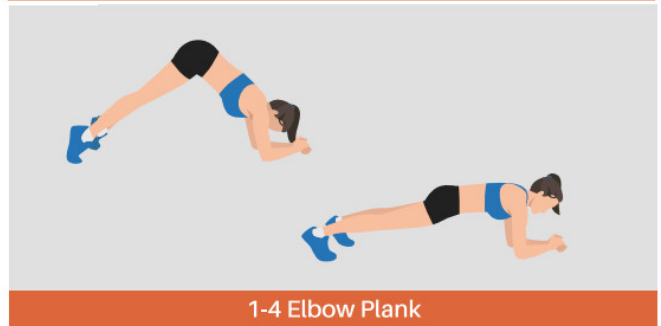
1-1 Wall Squat



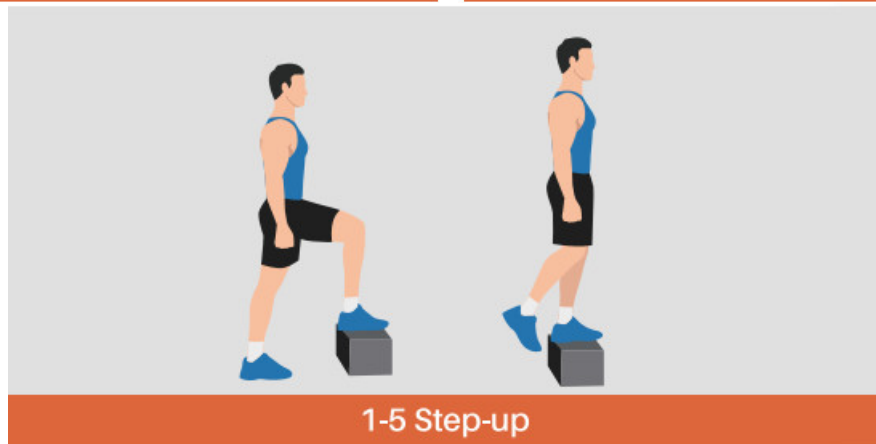
1-2 Crunch



1-3 Jumping Jack

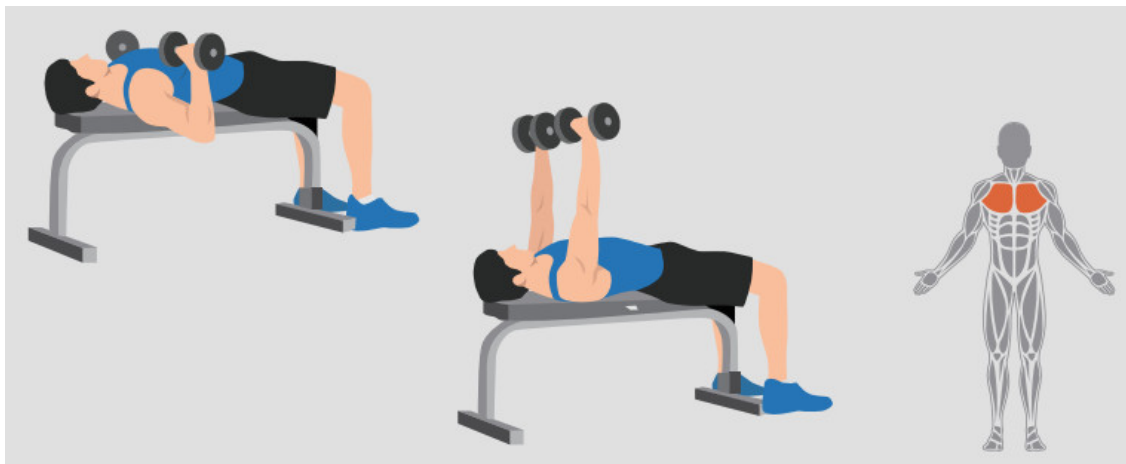


1-4 Elbow Plank



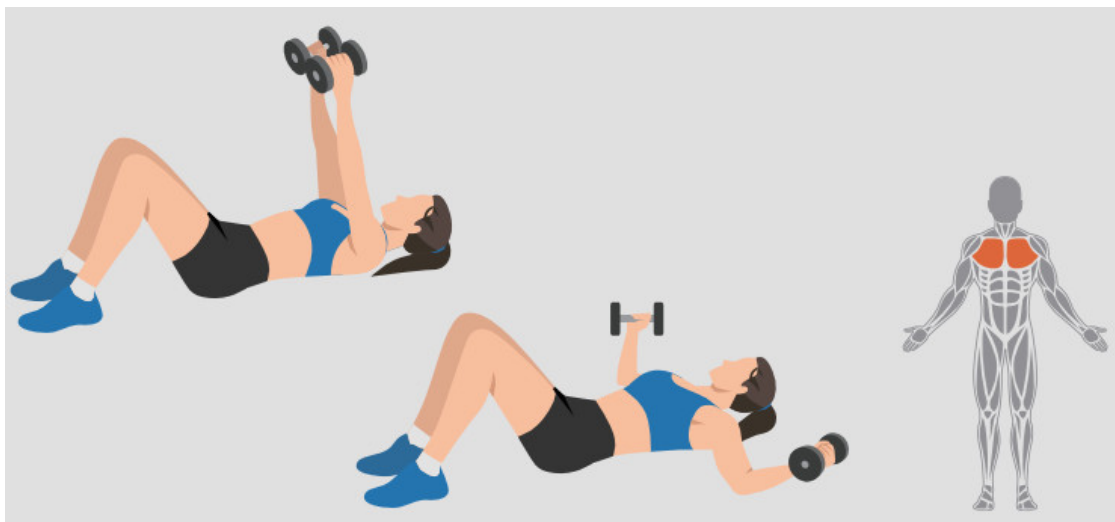
1-5 Step-up

## 2. UPPER BODY – CHEST & BACK



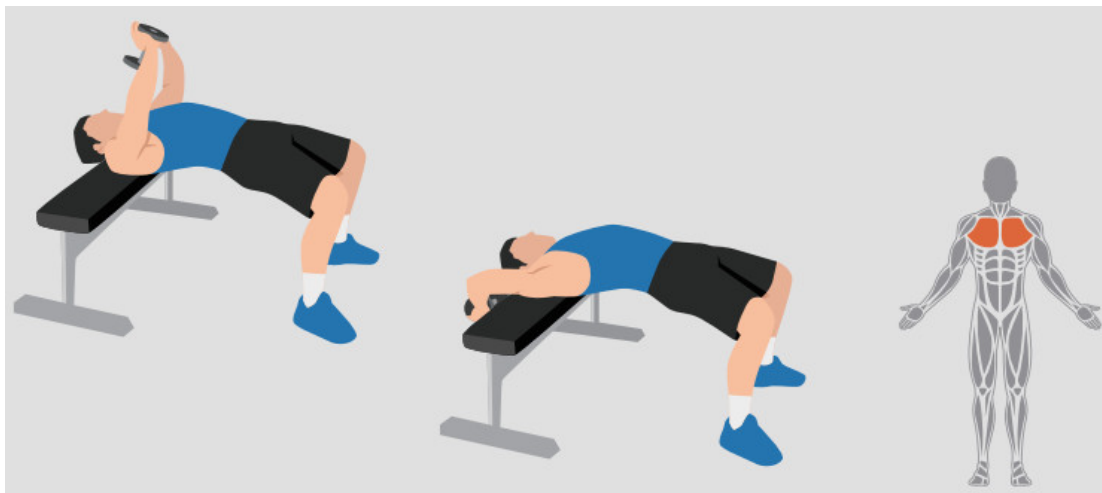
### 2-1 Dumbbell Bench Press

1. Lie on the bench, feet flat on the ground, and hold the dumbbells in front of your shoulders.
2. Engage your core and raise both arms at the same time.



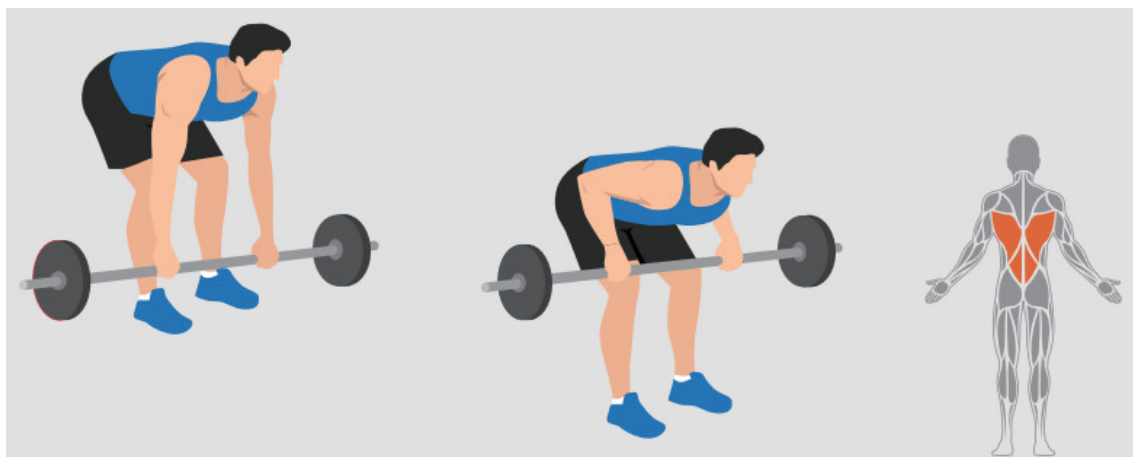
## 2-2 Dumbbell Fly

1. Lie on the floor, hold the dumbbells, arms straight up, feet flat on the ground.
2. Tighten the core and open the arms to the sides until the upper arms are parallel to the floor.



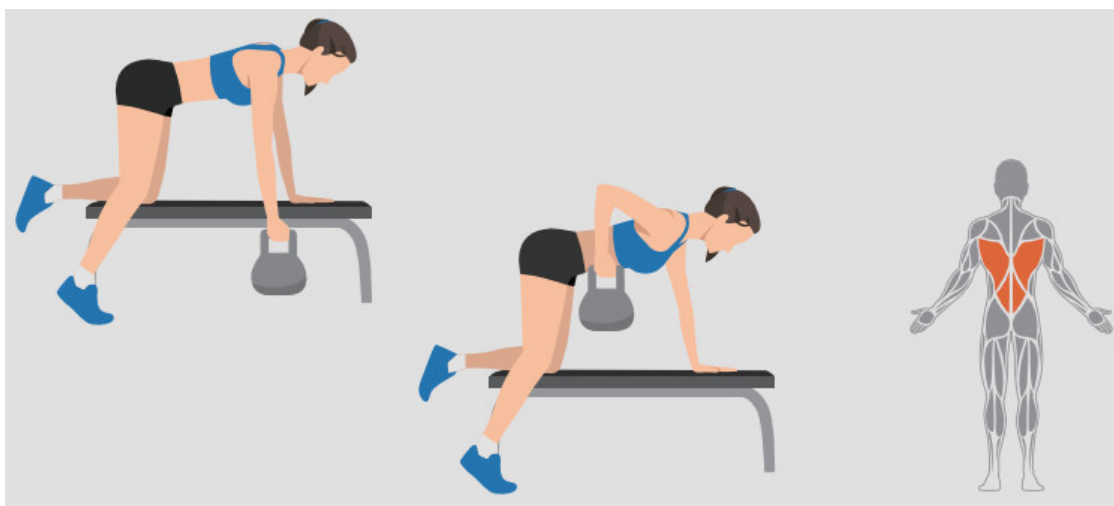
## 2-3 Bent-Arm Dumbbell Pullover

1. Lay your shoulders on the middle of the bench, bend your legs and ground your feet, hold the weight plate on one end above your chest, arms slightly bent.
2. With arms bent, arc the weight back overhead slowly.



## 2-4 Barbell Bent-Over Row

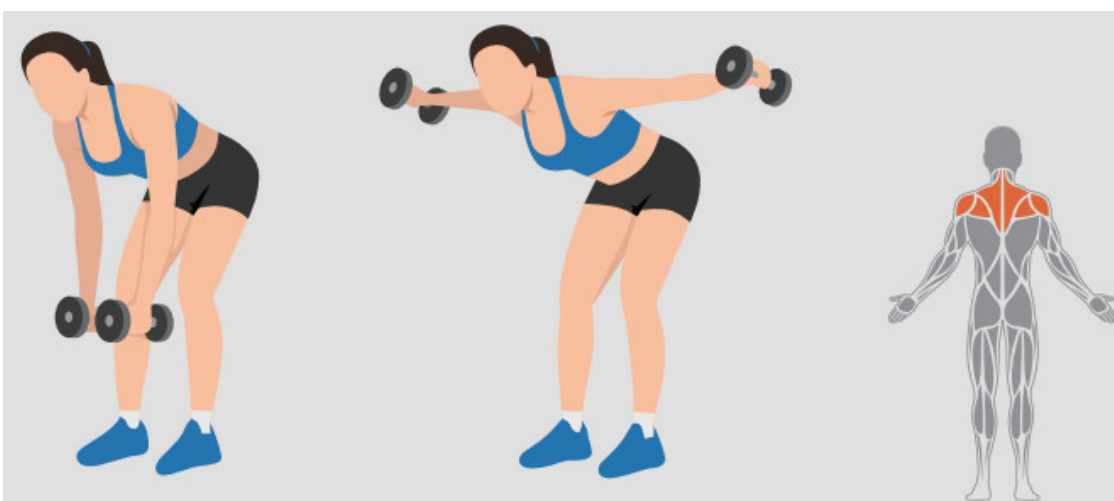
1. Hold onto the bar with palms facing down, knees slightly bent. Bend forward at the hips until the back is almost parallel to the floor.
2. Exhale, firm your back to lift the barbell toward you, torso still and elbows close to body.



### 2-5 Single-Arm Kettlebell Bent-Over Row

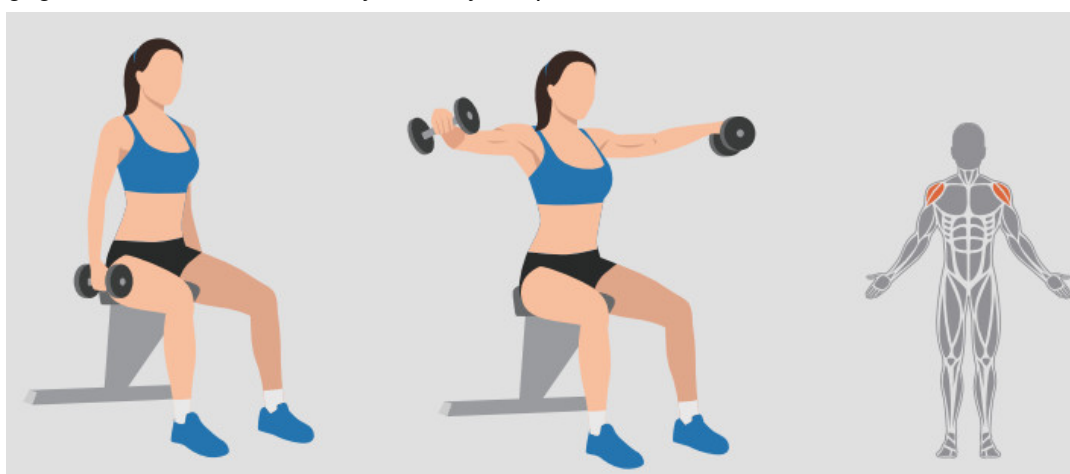
1. Hold the kettlebell in the right hand, bend over, left hand and knee on bench.
2. Squeeze the shoulder blades to pull the kettlebell toward the waistline, bending and pulling your upper arm backwards, back straight.

## 3. UPPER BPDY – SHOULDERS



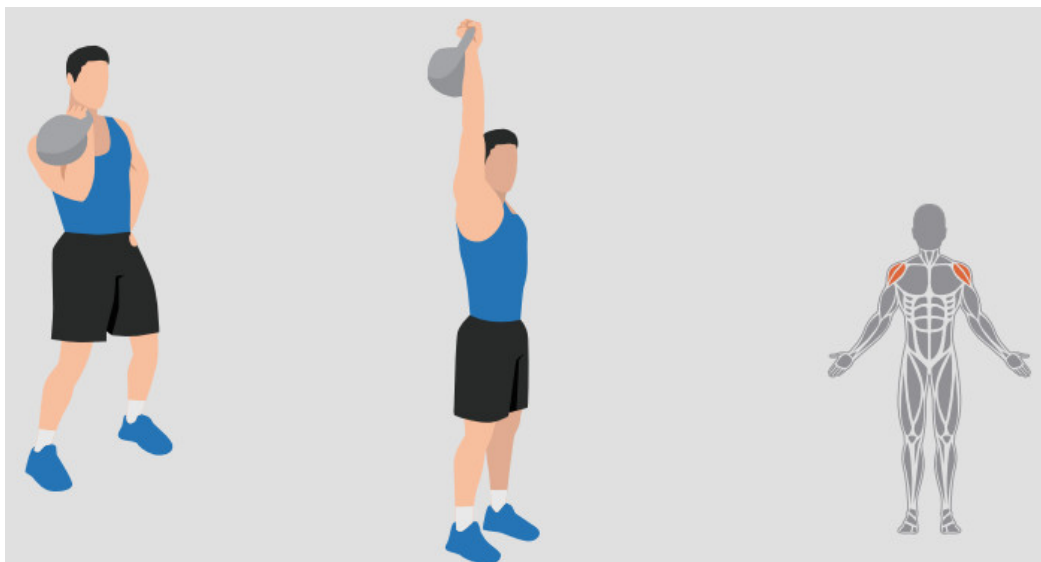
### 3-1 Dumbbell Bent-Over Lateral Raise

1. Bend over with back straight and shoulders in front of the knees; hold the dumbbells below the knee level.
2. Core engaged, raise the arms sideways till they are parallel to the floor.



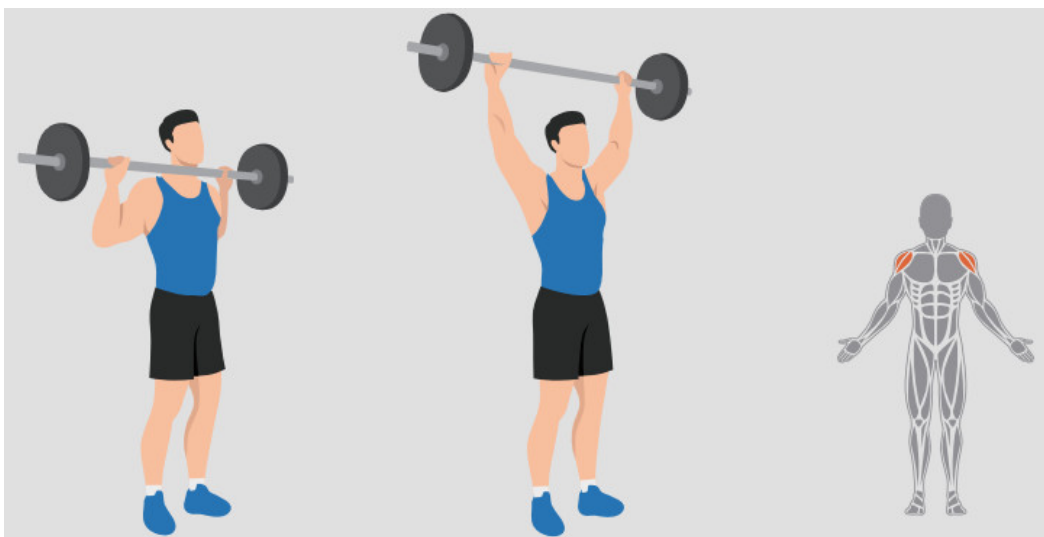
### 3-2 Seated Dumbbell Lateral Raise

1. Sit on the bench holding a dumbbell in either hand by your side.
2. Core engaged, lift the dumbbells laterally until they are shoulder height.



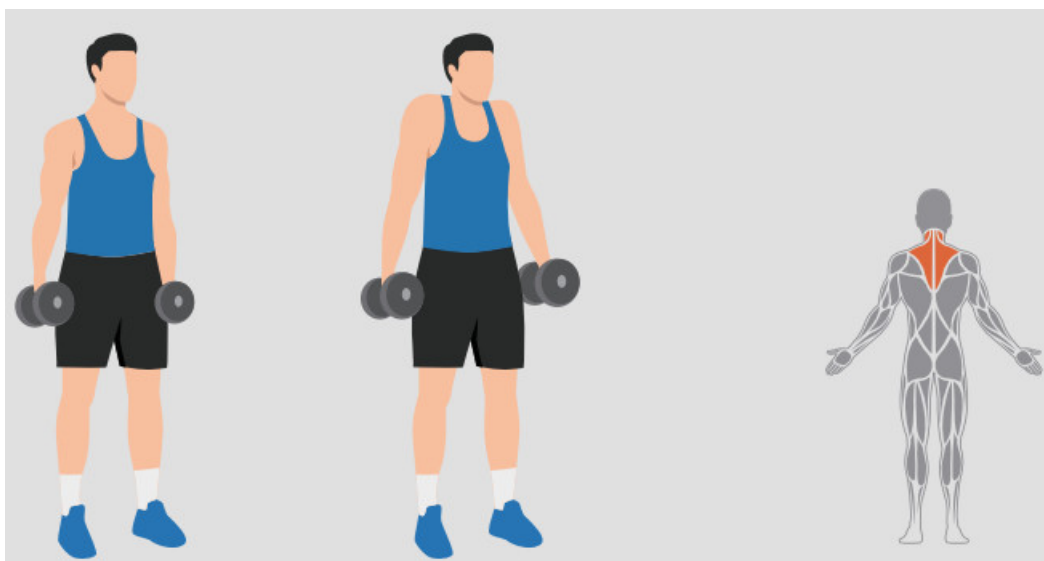
### 3-3 Kettlebell Arnold Press

1. Raise the kettlebell towards the shoulder, palm in, elbow forward, and body upright.
2. Press the kettlebell overhead, rotating your wrist so that your palm faces forward at the top of the motion.



### 3-4 Standing Barbell Overhead Press

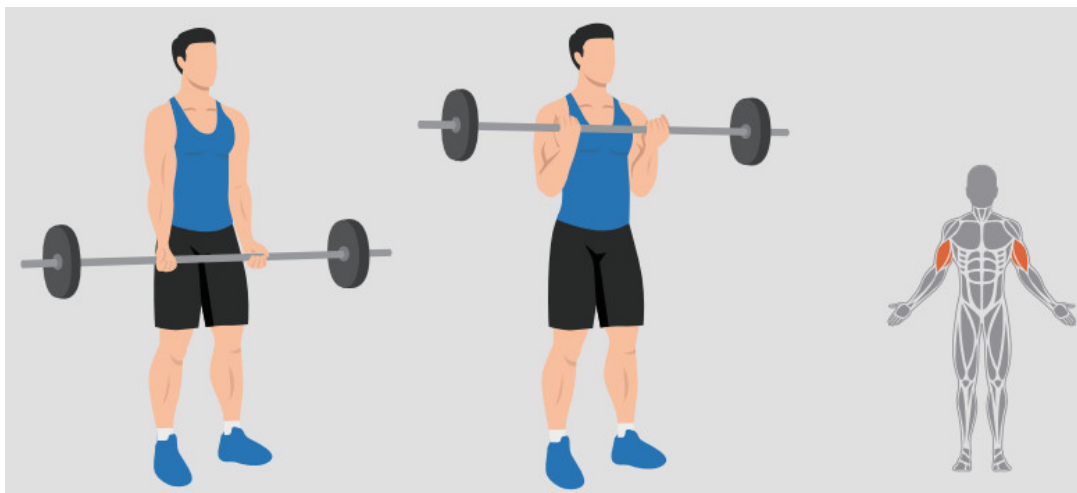
1. Hold the bar at collarbone height, hands shoulder width, palms facing forward, and knees bent slightly.
2. Core tight, lift the bar overhead until the arms are straight.



### 3-5 Standing Dumbbell Shrug

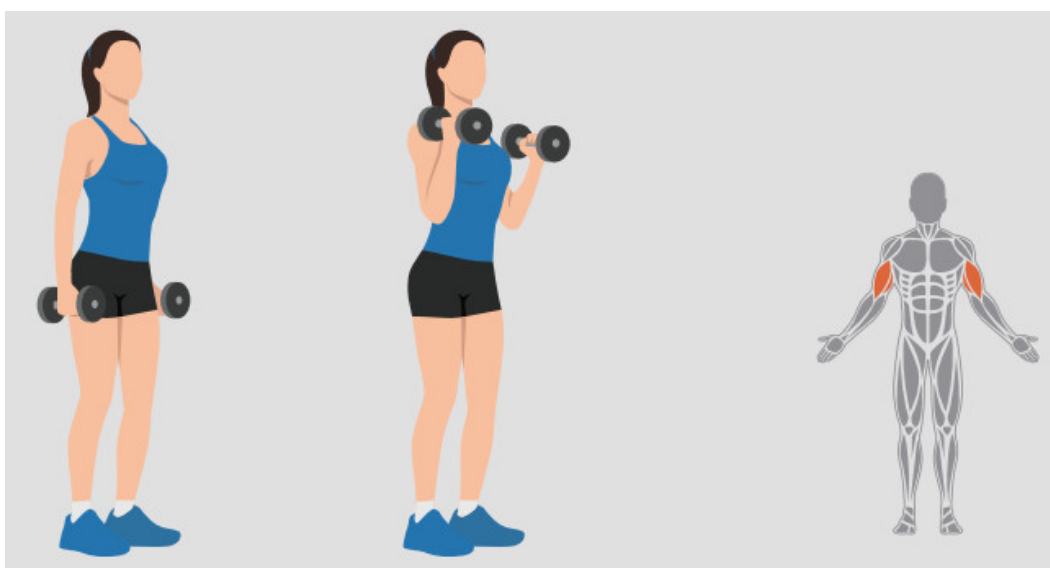
1. Stand holding a dumbbell in either hand by your side.
2. Lift the dumbbells by elevating the shoulders the highest possible, core tight.

#### 4. UPPER BODY – ARMS



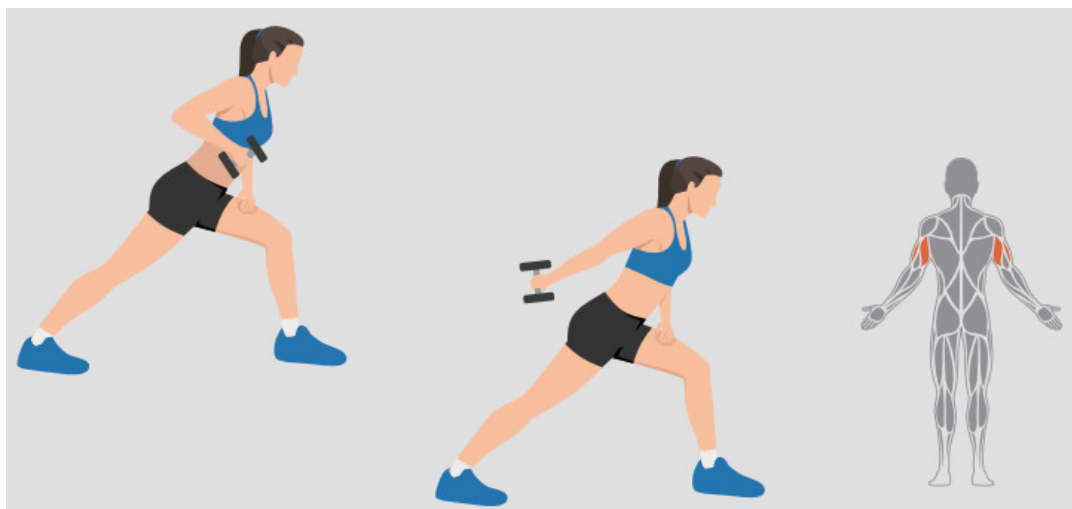
##### 4-1 Barbell Bicep Curl

1. Hold the barbell, palms forward shoulder width, back flat, and elbows close to sides.
2. Exhale lift it. Keep lifting until biceps are fully contracted and the bar reaches shoulder height.



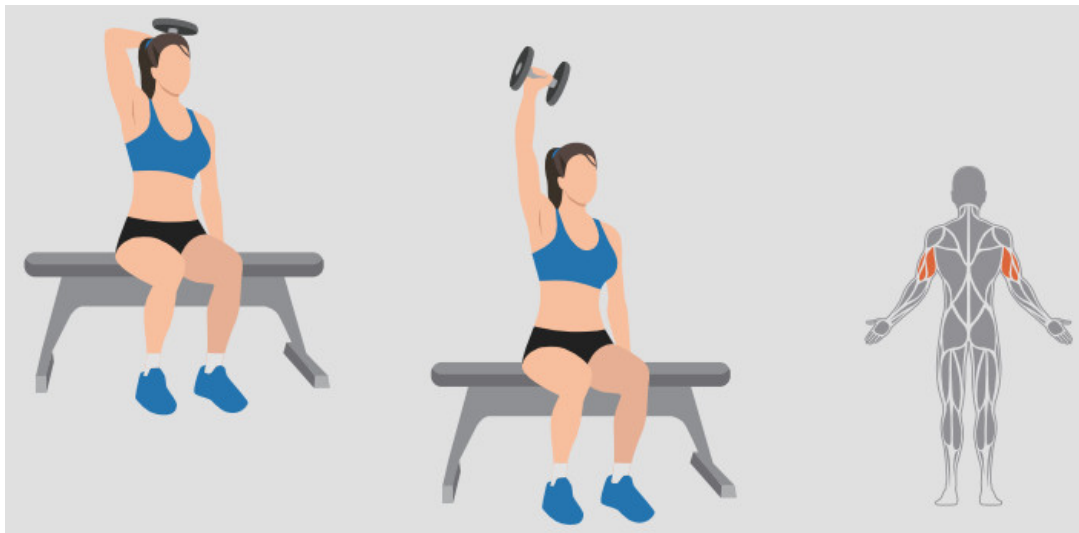
##### 4-2 Standing Dumbbell Hammer Curl

1. Stand holding a dumbbell in either hand, palms facing in.
2. Curl the dumbbells up to shoulder height, palms facing in.



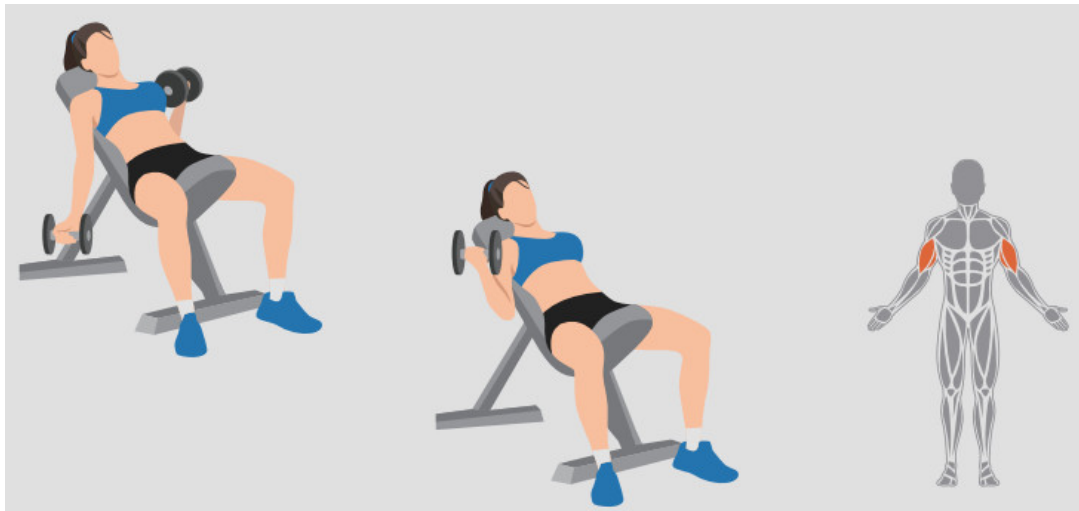
##### 4-3 Standing Bent-Over One-Arm Dumbbell Tricep Extension

1. Lunge and bend over with the left foot forward; hold the dumbbell in your right hand, arm bent, left hand on thigh.
2. Extend the right forearm back, keeping the upper arm close to side body.



#### 4-4 Seated Single-Arm Dumbbell Tricep Extension

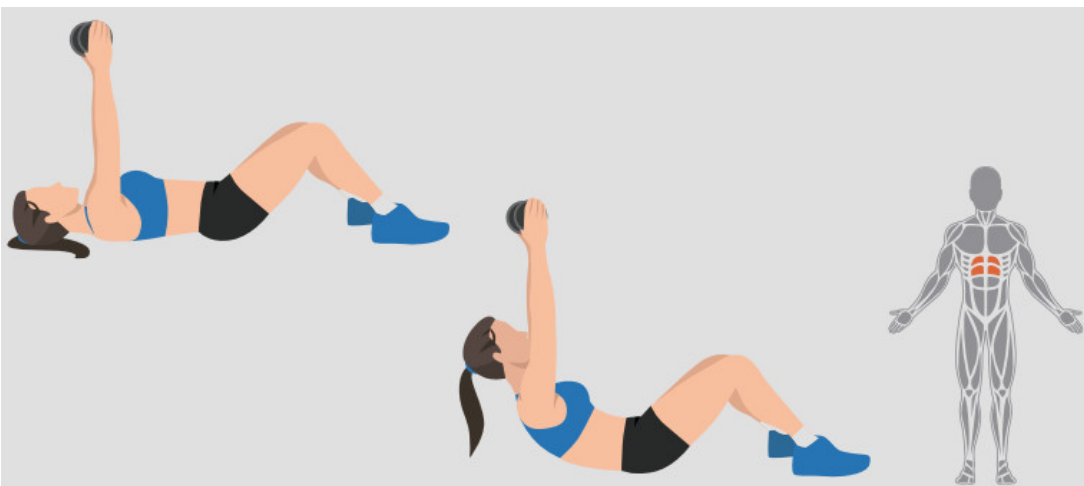
1. Sit on the bench holding the dumbbell in the right hand, left hand by the side, raise the right arm straight up elbow bent, upper arm close to ear.
2. Push the dumbbell up high, keeping the upper arm in place and close to ear, torso steady.



#### 4-5 Seated Incline Dumbbell Bicep Curl

1. Sit on an incline bench and hold a dumbbell in each hand at arms' length, palms facing in.
2. Rotate the palm upwards and curl the weight up to shoulder level, palm facing backward and upper arm stationary.

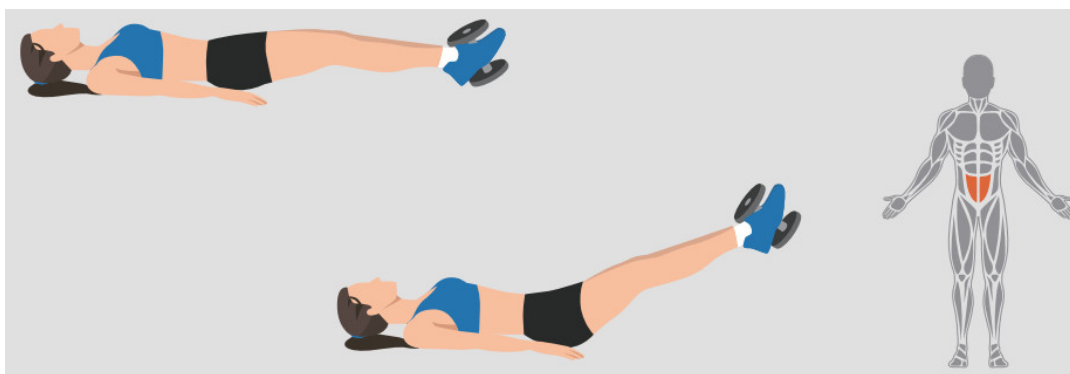
### 5. UPPER BODY – ABS



#### 5-1 Dumbbell Crunch

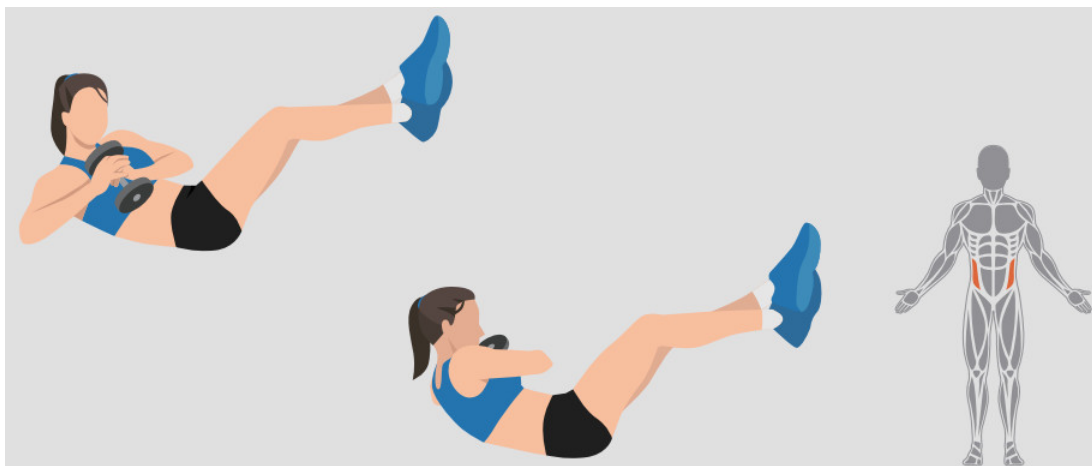
1. Lie on your back, feet flat on the floor and knees bent. Hold a dumbbell in both hands at the chest.
2. Perform a crunch, shoulder blades away from the floor.





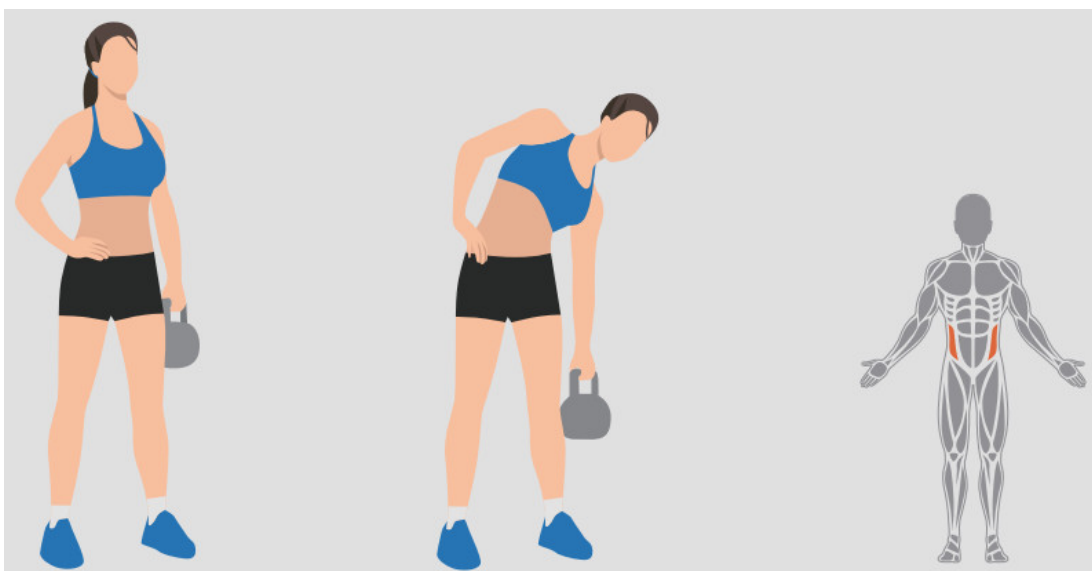
### 5-2 Supine Leg Raise With Dumbbell

1. Lie supine with the dumbbell between the feet; hands by the sides for support.
2. Raise both legs to 45° to the floor, keeping them straight.



### 5-3 Seated Dumbbell Russian Twist

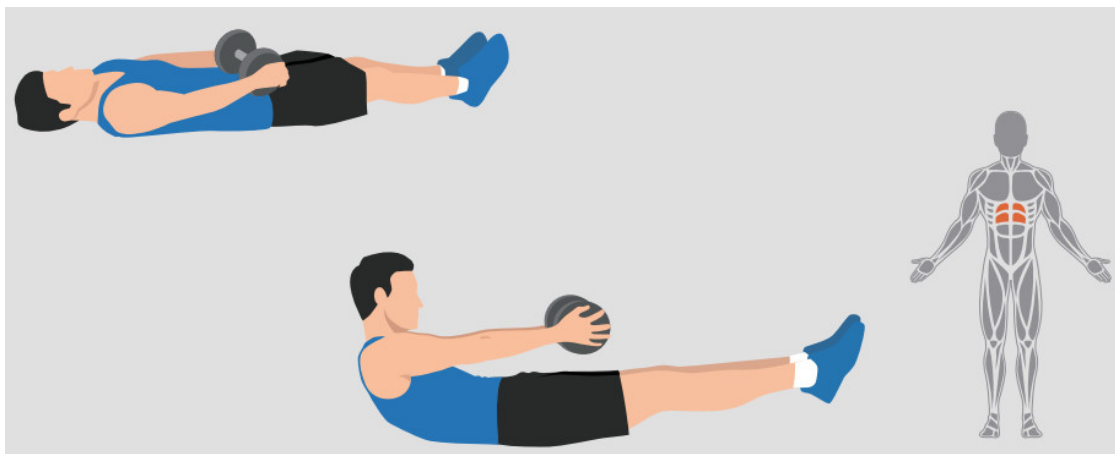
1. Sit with feet flat on the floor, knees bent. Hold a dumbbell in front of you.
2. Lift the feet so the lower legs are parallel to the floor. Twist from side to side, shifting the dumbbell from one hip to the other.



### 5-4 Standing Kettlebell Side Crunch

1. Stand holding the kettlebell in one hand straight to your side.
2. Bend sideways and drop the kettlebell straight down, keeping the lower body in place.

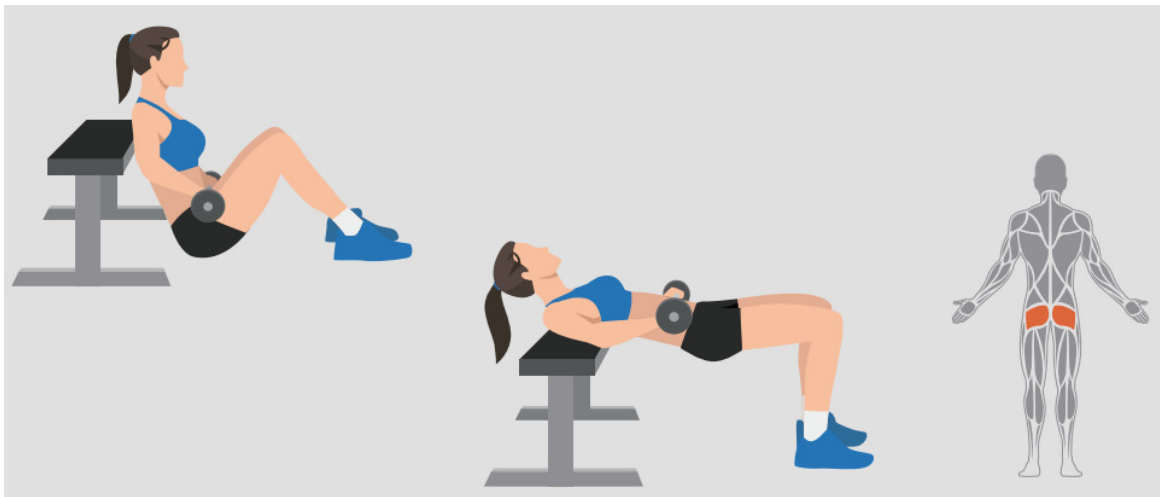




#### 5-5 Dumbbell Boat Hold

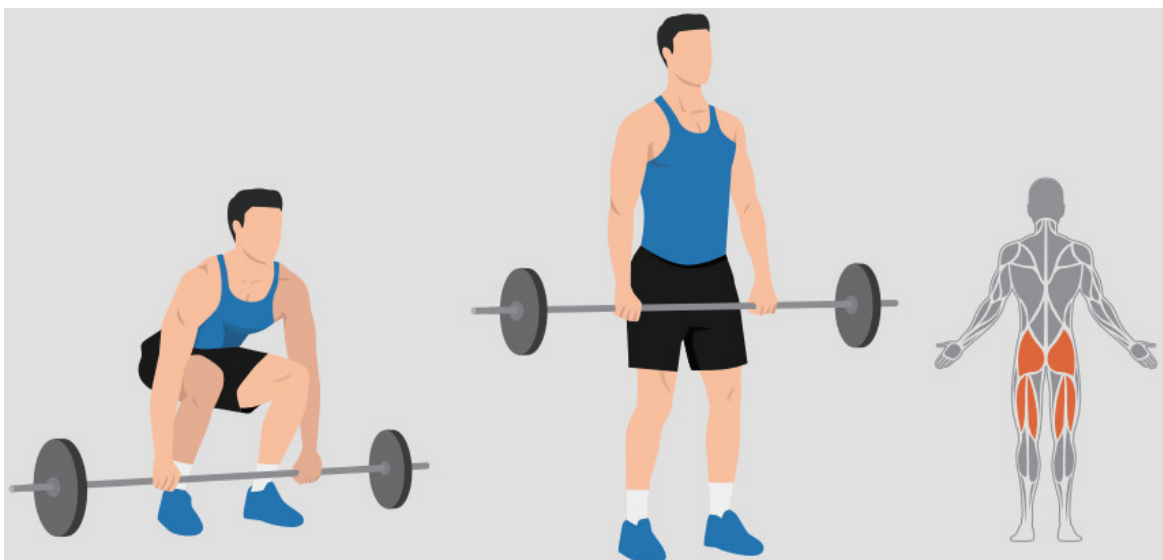
1. Lie down holding a dumbbell with both hands above the abdomen, legs straight.
2. Curl up slowly until the thoracic spine is away from the floor to be in a boat shape, contracting the abs from top to bottom. Raise the dumbbell slightly, chin tucked.

### 6. LOWER BODY – GLUTES & LEGS



#### 6-1 Dumbbell Glute Bridge

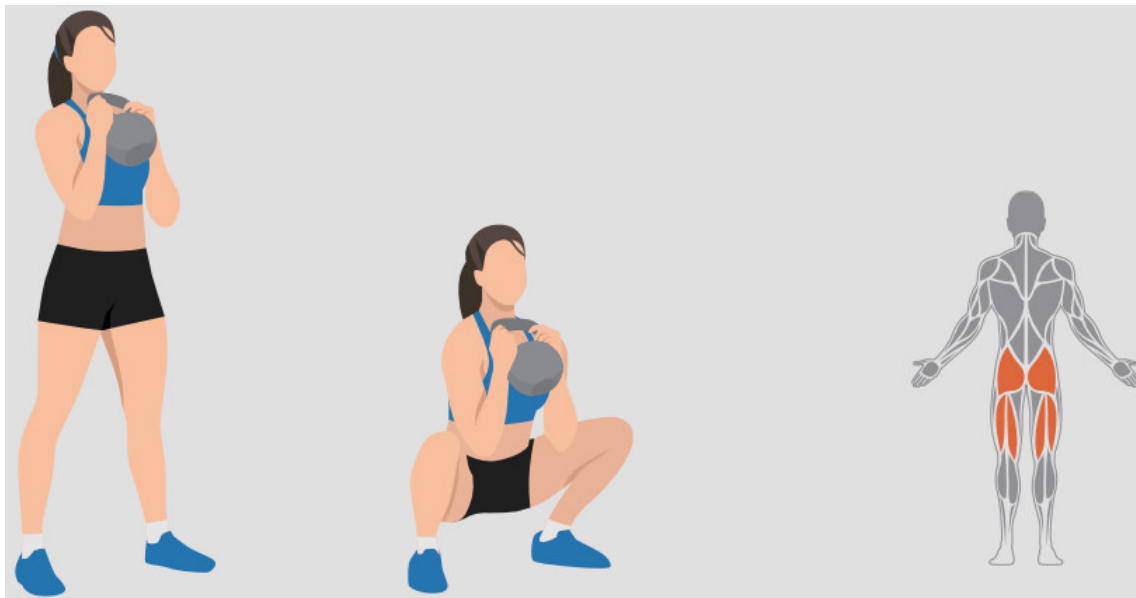
1. Back against the bench, knees bent, heels on the ground, feet flexed, buttocks hanging. Hold a dumbbell on the abdomen with both hands.
2. Lift the buttocks till thighs are parallel to the floor.



#### 6-2 Barbell Deadlift

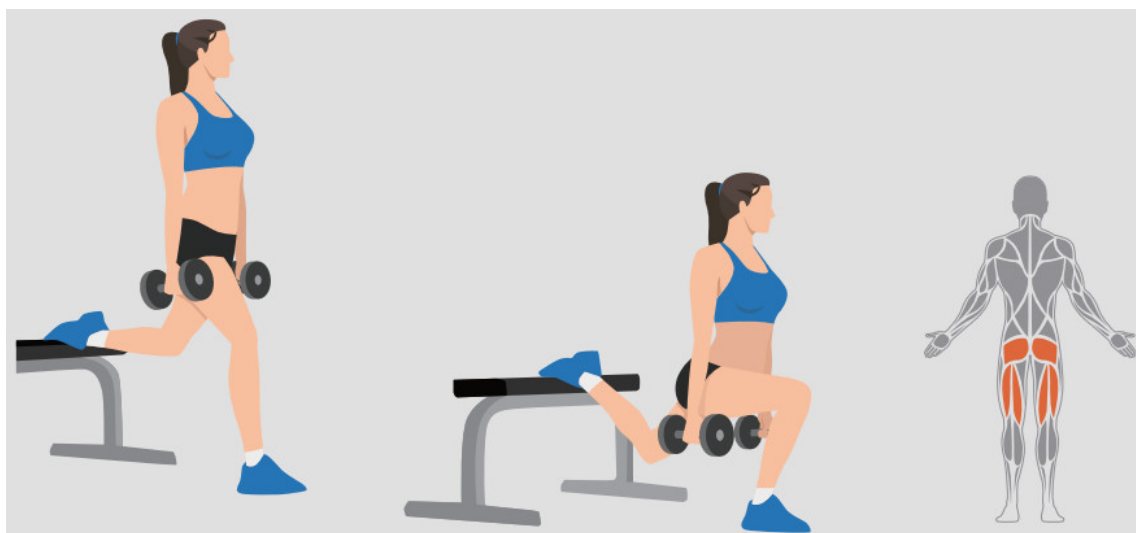
1. Feet hip width. Hold the bar, hands shoulder width, bending from the hips.
2. Inhale deeply and look up, chest lifted and back flat. Exhale, push into the heels to lift the bar until you reach

an upright position.



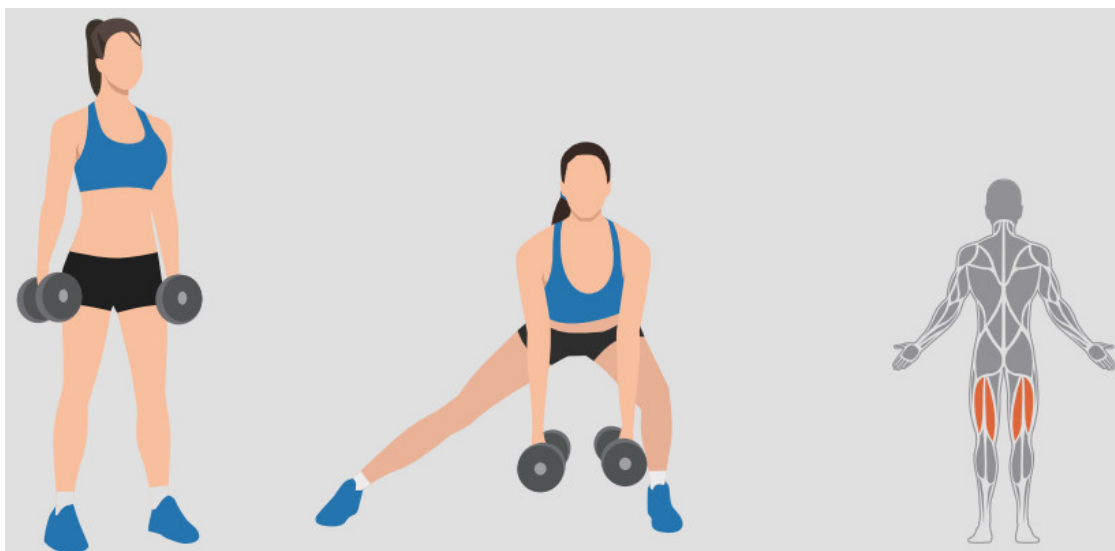
### 6-3 Kettlebell Goblet Squat

1. Stand with the kettlebell in both hands in front of your chest.
2. Squat until the thighs are parallel to the floor. Do not let your knees go beyond the toes or lean forward.



### 6-4 Dumbbell Bulgarian Split Squat

1. Stand with one foot on the bench, holding the dumbbells straight down, palms in.
2. Squat till both knees are at 90° without the front knee past the toes or the back knee touching the floor.

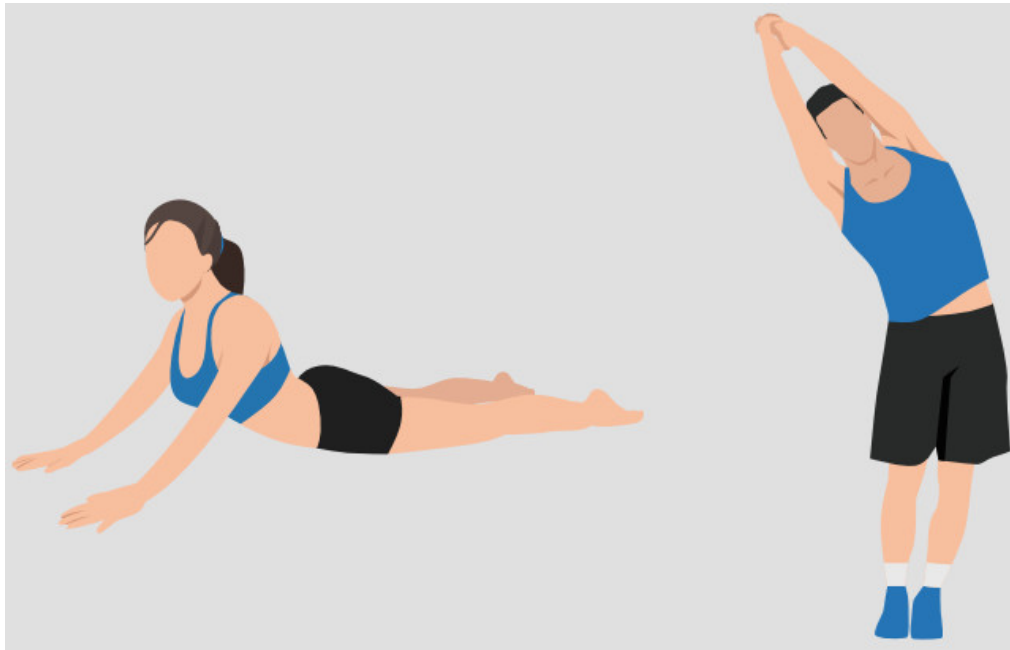


### 6-5 Dumbbell Side Lunge Squat

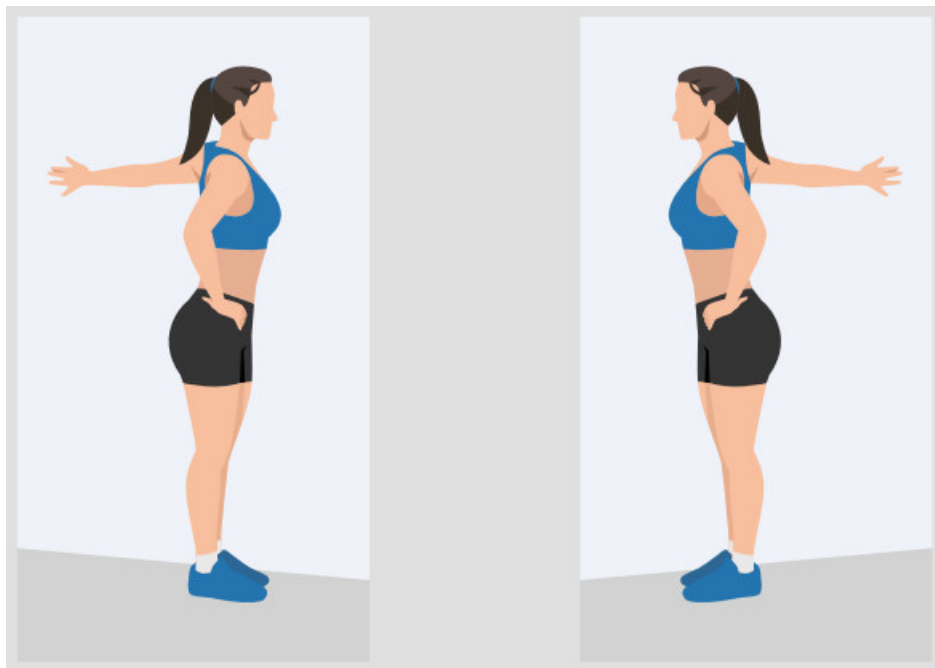
1. Stand with dumbbells in your hands by your sides, palms in.

2. Keep the upper body in place and take a large step out to the right side, right leg out slightly. Bend the knee to track the toes, and keep the left leg straight.

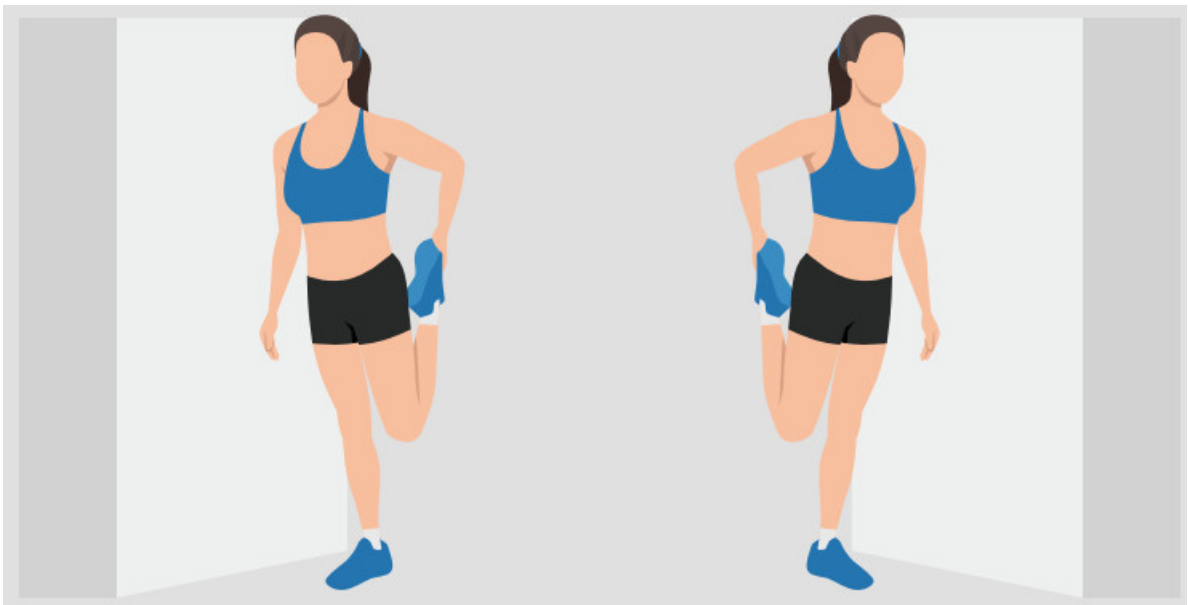
## 7. POST – WORKOUT STRETCHES



### 7-1 Abdominal & Side Stretches



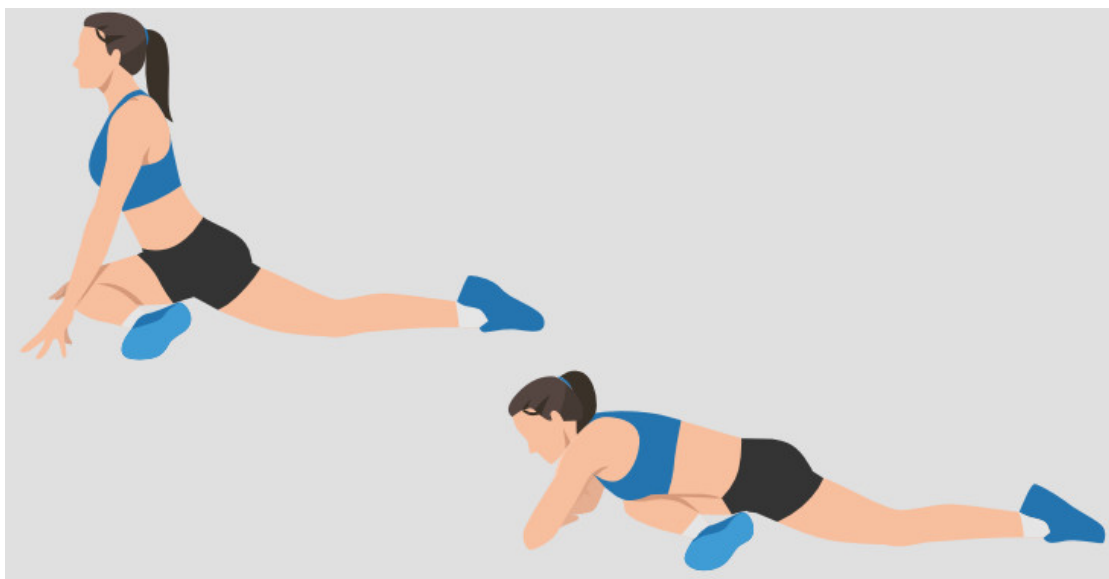
### 7-2 Chest & Shoulder Stretches



**7-3 Quad Stretch**



**7-4 Shoulder & Back Stretches**



**7-5 Glute and Leg Stretches**

## **TRAINING PROGRAMS**

## FOUNDATION TRAINING ADVANCED TRAINING

**Note:** This systematic and periodized program designed by body parts is catered to beginners for efficient muscle strength building.

It is suggested to rotate the routines and exercise 2-4 times a week with 1 rest day in between. Train 6-8 weeks as one complete cycle.

### Routine No. 1

Gender	Exercise	Exercise No.	Targeted Body Part (s)	Set	Rep/Weight	Rest Time
Male	Step-up	1-5	Full Body Warm-up	5	180s	40s
	Dumbbell Side Lunge Squat	6-5	Legs	3-4	12 rm	45s
	Dumbbell Bulgarian Split Squat	6-4	Legs	3-4	12 rm	45s
	Kettlebell Goblet Squat	6-3	Buttocks	3-4	10 rm	45s
	Dumbbell Glute Bridge	6-1	Buttocks	3-4	15 rm	45s
	Glute and Leg Stretches	7-5	Buttocks and Legs	2	30-45s	20s
	Quad Stretch	7-3	Quads	2	30-45s	20s
Female	Crunch	1-2	Full Body Warm-up	4	20 reps	20s
	Dumbbell Crunch	5-1	Abs	4	15 rm	30s
	Seated Dumbbell Russian Twist	5-3	Abs	4	15 rm	30s
	Standing Kettlebell Side Crunch	5-4	Abs	4	20 rm	30s
	Dumbbell Boat Hold	5-5	Abs	4	15s	45s
	Abdominal & Side Stretches	7-1	Abs & Side Body	3	30s	20s
	Cardio	N/A	Heart & Lungs	1	35mins	N/A

### Routine No. 2

Gender	Exercise	Exercise No.	Targeted Body Part (s)	Set	Rep/Weight	Rest Time
Male	Elbow Plank	1-4	Full Body Warm-up	4	60s	35s
	Dumbbell Fly	2-2	Chest	3-4	12rm	30s
	Bent-Arm Dumbbell Pullover	2-3	Chest	3-4	12rm	30s
	Barbell Bent-Over Row	2-4	Back	3-4	12rm	30s
	Single-Arm Kettlebell Bent-Over Row	2-5	Back	3-4	12rm	30s
	Chest & Shoulder Stretches	7-2	Chest & Shoulders	3	20s	15s
	Shoulder & Back Stretches	7-4	Shoulders & Back	3	20s	15s
Female	Step-up	1-5	Full Body Warm-up	4	180s	35s
	Dumbbell Glute Bridge	6-1	Buttocks	4	15rm	30s
	Kettlebell Goblet Squat	6-3	Buttocks	4	12rm	30s
	Barbell Deadlift	6-2	Buttocks	4	15rm	30s
	Dumbbell Side Lunge Squat	6-5	Legs	4	15rm	30s
	Dumbbell Bulgarian Split Squat	6-4	Legs	4	12rm	30s
	Glute and Leg Stretches	7-5	Buttocks and Legs	2	30-45s	20s
	Quad Stretch	7-3	Quads	2	30-45s	20s

### Routine No. 3

Gender	Exercise	Exercise No.	Targeted Body Part(s)	Set	Rep/Weight	Rest Time
Male	Crunch	1-2	Full Body Warm-up	4	20reps	30s
	Dumbbell Bent-Over Lateral Raise	3-1	Shoulders	4	12rm	30s
	Standing dumbbell Shrug	3-5	Shoulders	4	12rm	30s
	Standing Barbell Overhead Press	3-4	Shoulders	4	1 Orm	45s
	Barbell Bicep Curl	4-1	Biceps	8	12rm	25s
	Standing Bent-Over One-Arm Dumbbell Tricep Extension	4-3	Triceps	8	12rm	30s
	Shoulder & Back Stretches	7-4	Shoulders & Back	3	30-45s	20s
Female	Step-up	1-5	Full Body Warm-up	4	180s	30s
	Single-Arm Dumbbell Bent-Over Row	2-5	Back	4	12rm	30s
	Barbell Bent-Over Row	2-4	Back	4	1 Orm	45s
	Bent-Arm Dumbbell Pullover	2-3	Back	4	1Orms	45s
	Barbell Bicep Curl	4-1	Biceps	6	15rm	35s
	Standing Bent-Over One-Arm Dumbbell Tricep Extension	4-3	Triceps	6	15rm	35s
	Shoulder & Back Stretches	7-4	Shoulders & Back	3	30-45s	15s

## ADVANCED TRAINING

**Note:** This program is designed for those who have laid a foundation in strength training to solidify and drastically improve the overall muscle strength.

It is suggested to rotate the routines and exercise 3-5 times a week with 0 or 1 rest day in between. Train 8-12 weeks as one complete cycle. Please maintain a healthy diet while working out.

### Routine No. 1



Gender	Exercise	Exercise No.	Targeted Body Part (s)	Set	Rep/Weight	Rest Time
Male	Step-up	1-5	Full Body Warm-up	4	180s	30s
	Dumbbell Bench Press	2-1	Chest	6	8rm	45s
	Dumbbell Fly	2-2	Chest	6	10rm	30s
	Bent-Arm Dumbbell Pullover	2-3	Chest	6	10rm	30s
	Barbell Bent-Over Row	2-4	Back	6	8rm	45s
	Single-Arm Kettlebell Bent-Over Row	2-5	Back	6	8rm	45s
	Chest & Shoulder Stretches	7-2	Chest & Shoulders	3	25s	20s
	Shoulder & Back Stretches	7-4	Shoulders & Back	3	25s	20s
Female	Jumping Jack	1-3	Full Body Warm-up	4	30s	30s
	Seated Dumbbell Lateral Raise	3-2	Shoulders	6	12rm	45s
	Dumbbell Bent-Over Lateral Raise	3-1	Shoulders	6	10rm	35s
	Kettlebell Arnold Press	3-3	Shoulders	6	10rm	30s
	Barbell Bicep Curl	4-1	Biceps	6	10rm	45s
	Seated Incline Dumbbell Bicep Curl	4-5	Biceps	6	12rm	30s
	Shoulder & Back Stretches	7-4	Shoulders & Back	3	30-45s	20s

## Routine No. 2

Gender	Exercise	Exercise No.	Targeted Body Part (s)	Set	Rep/Weight	Rest Time
Male	Crunch	1-2	Full Body Warm-up	4	30reps	20s
	Kettlebell Goblet Squat	6-3	Legs	5-6	8rm	25s
	Dumbbell Side Lunge Squat	6-5	Legs	5-6	10rm	25s
	Dumbbell Bulgarian Split Squat	6-4	Legs	5-6	10rm	35s
	Barbell Deadlift	6-2	Legs	4-5	12rm	30s
	Dumbbell Glute Bridge	6-1	Buttocks	8-10	10rm	30s
	Quad Stretch	7-3	Quads	3	30s	20s
Female	Wall Squat	1-1	Full Body Warm-up	4	45s	30s
	Dumbbell Glute Bridge	6-1	Buttocks	6	10rm	45s
	Barbell Deadlift	6-2	Buttocks	6	8rm	60s
	Kettlebell Goblet Squat	6-3	Buttocks	6	10rm	45s
	Dumbbell Side Lunge Squat	6-5	Legs	8	12rm	40s
	Dumbbell Bulgarian Split Squat	6-4	Legs	6	8rm	60s
	Glute and Leg Stretches	7-5	Buttocks and Legs	3	30-45s	20s

### Routine No. 3

Gender	Exercise	Exercise No.	Targeted Body Part (s)	AtSet	Rep/Weight	Rest Time
Male	Crunch	1-2	Full Body Warm-up	4	30reps	20s
	Standing Barbell Overhead Press	3-4	Shoulders	8	8rm	60s
	Seated Dumbbell Lateral Raise	3-2	Shoulders	6	10rm	45s
	Standing dumbbell Shrug	3-5	Shoulders	6	8rm	45s
	Standing Dumbbell Hammer Curl	4-2	Biceps	8	10rm	60s
	Seated Single-Arm Dumbbell Tricep Extension	4-4	Triceps	8	10riv	50s
	Shoulder & Back Stretches	7-4	Shoulders & Back	3	30s	20s
Female	Elbow Plank	1-4	Full Body Warm-up	4	60s	20s
	Dumbbell Bench Press	2-1	Chest	6	8rm	60s
	Dumbbell Fly	2-2	Chest	6	8rm	60s
	Barbell Bent-Over Row	2-4	Back	6	10rm	45s
	Bent-Arm Dumbbell Pullover	2-3	Back	6	10rm	45s
	Single-Arm Kettlebell Bent-Over Row	2-5	Back	6	8rm	60s
	Chest & Shoulder Stretches	7-2	Chest & Shoulders	2	30-45s	20s
	Shoulder & Back Stretches	7-4	Shoulders & Back	2	30-45s	20s

**Note:**

1. RM: A repetition maximum (RM) is the most weight you can lift for a defined number of exercise movements (e.g.: an 8RM would be the heaviest weight you could lift for 8 consecutive exercise repetitions).
2. Add one set of cardio for about 30 mins after each routine above is finished if you wish to burn more fat.
3. Please avoid intense ab workouts during the first 2 heavy days of menstruation, pregnancy, and in the early postnatal stage for C-sections.



## **LUSPER DUMBBELL, BARBELL & KETTLEBELL WORKOUTS**

Lusper is the unwavering faith in the power of movement and strength training; it is the ultimate passion about leading the best life that we can through the transformation of our physique.

With the understanding that weightlifting and strength training don't just make us stronger physically, but also stronger in other areas to enjoy all the wonderful things in life, Lusper developed a myriad of home gym equipment and accessories wildly loved by our customers that can support any of their strength training goals and ignite their passion for an active lifestyle.

Passion is the most natural fuel for motivation and love is the strongest force in life. When your goals are truly connected to your deepest values, you will fight wholeheartedly for your mission; and it has nothing to do with fame or gain. Pure love demands nothing in return. At Lusper, we free fitness from performance and bring that original fun spirit and childlike heart back. Through our lifelong dedication and absolute professionalism, we serve to rekindle your passion for fitness and life.

## **ADJUSTABLE DUMBBELL USER MANUAL**

### **PRECAUTIONS**

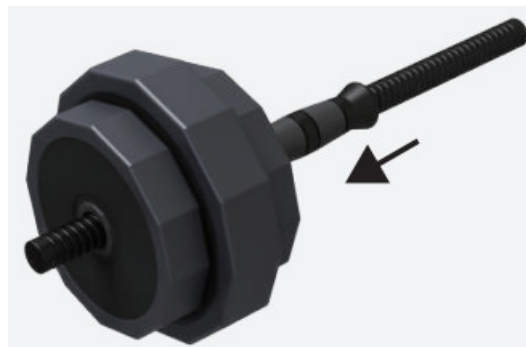
1. Please read the assembly instructions before use.
2. Please put no more than 3 weight plates on either side of the dumbbell handle as there is not enough room to securely place more than 3 weight plates on one side.
3. Please make sure the spinlock collars are securely tightened to prevent potential risk of weight plate falling off.
4. Place the set on a stable surface or rack, and beyond the reach of children after use.
5. Please do not lift weights beyond your limits.
6. Stop using the set immediately in case of any discomfort.

### **PART LIST**



## DUMBBELL ASSEMBLY INSTRUCTIONS

1. Put the weight plate(s) on one side of the dumbbell handle.



2. Turn the spinlock collar clockwise on this side of the handle until it is securely tightened.



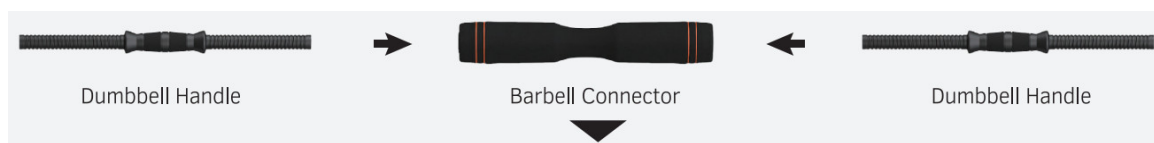
3. Add the round spinlock collar on top of the star spinlock collars and fasten it.



4. Do the same on the other side of the dumbbell handle.



## HOW TO TURN DUMBBELLS INTO BARBELL



Cumbination 1	Cumbination 2
Connect both dumbbell handles to the barbell connector, and then put weight plates on the handles.	Put weight plates on both sides of each dumbbell handle, and then connect both dumbbell handles to the barbell connector.

## HOW TO TURN DUMBBELLS INTO KETTLEBELL

	<p><b>Combination 1</b>  1 Kettlebell Base Rod  + 1 Kettlebell Handle  + Weight Plate(s)</p>
	<p><b>Combination 2</b>  1 Kettlebell Handle  + 1 Dumbbell</p>

## WELLNESS PLAN

### MEAL PLAN

#### 1. For Fat Loss (Per lb of body weight: 0.9 g of carbs, 0.68 g of protein, 0.36 g of fat)

##### Breakfast

1. milk
2. carbs (oatmeal, whole wheat bread, coarse grains/40% of total daily carb intake)
3. boiled eggs (1 egg yolk, only egg whites for extra eggs, 30% of total daily protein intake)
4. 1 piece of fruit (ideally banana or kiwi)

##### Lunch

1. meat (ideally beef, lamb, fish, chicken/50% of total daily protein intake)
2. 40% of total daily carb intake
3. green veggies (for vitamins & dietary fiber)

##### Dinner

1. less carbs (20% of total daily carb intake)
2. chicken, fish (20% of daily protein intake)



3. veggies

**2. For Muscle Gain (Per lb of body weight: 1.6 g of carbs, 0.68 g of protein, 0.54 g of fat)**

**Breakfast**

1. milk
2. carbs (oatmeal, potatoes, sweet potatoes, coarse grains/30% of total daily carb intake)
3. build eggs (3 egg yolks, only egg whites for extra eggs, 30% of total daily protein intake)
4. fruit (ideally blueberries or raspberries)

**Lunch**

1. meat (ideally beef, lamb, fish, chicken/50% of total daily protein intake)
2. carbs (40% of total daily carb intake)
3. green veggies (for vitamins & dietary fiber)

**Dinner**

1. carbs (30% of total daily carb intake)
2. chicken, fish (20% of daily protein intake)
3. veggies

**WATER INTAKE**

**1. For Fat Loss**

0.92 oz of water intake per lb of body weight to achieve the most efficient metabolism

**2. For Muscle Building**

0.6 oz of water intake per lb of body weight

**SLEEP**

Keep a consistent sleep schedule based on your own biologic clock. Ideally ensure 8 hours of sleep.





## Documents / Resources



[LUSPER Dumbbell Set Adjustable Weights](#) [pdf] Instruction Manual  
Dumbbell Set Adjustable Weights, Set Adjustable Weights, Adjustable Weights, Weights

## References

- [User Manual](#)