

How to start working out at home with dumbbells



Bodybuilding is a great way to improve health, strength and aesthetics. However, it is not always possible to go to the gym. If you're looking for a way to work out at home, *dumbbells* are a great option.

Dumbbells are versatile gym equipment that can be used for a variety of exercises. They are affordable, portable and easy to use.

How to start working out with dumbbells at home

If you are a beginner, it is important to start slowly and increase the intensity of the exercises gradually. Start with a light weight and increase the weight as you get stronger.

Working out at home can be a challenge as you will need a lot of self-discipline to maintain focus and your daily exercise schedule.

There are many free YouTube channels where you can learn how to use dumbbells to exercise.

If you are a complete beginner, we suggest that you hire some *Personal training* at the beginning to monitor your movements so that you do the exercises correctly.

This will help you at the beginning. After a while you will already know the movements and how to perform them and you will be able to do the exercises alone if you want.

Here are some basic exercises you can do with dumbbells:

- *Squats*: This exercise works the leg and glute muscles.
- *Bench press*: This exercise works the chest and shoulder muscles.
- *Biceps curl*: This exercise works the biceps muscles.
- *French triceps*: This exercise works the triceps muscles.
- *Deadlift*: This exercise works the muscles in your back and legs.

How to buy dumbbells

When purchasing dumbbells, consider the following:

- *Weight*: Choose dumbbells with a weight that you can lift easily.
- *Material*: Dumbbells can be made of cast iron, steel or plastic. Cast iron dumbbells are the most durable, but they are also the heaviest. Steel dumbbells are lighter than cast iron dumbbells, but they are also more expensive. Plastic dumbbells are the lightest and cheapest, but they are also the least durable.
- *Handle*: Dumbbell handles can be made of plastic, rubber or leather. Plastic handles are the most common and are easy to clean. Rubber handles are more comfortable to hold, but they can wear out over time. Leather straps are the most durable, but they are also the most expensive.

Dumbbells can even be made of plastic. There are some that even have water compartments. In other words, you can fill it with water and then drink the water inside if you want.

These are the cheapest dumbbells you can find on the market.

Weightlifting bench

Inclined weight benches are a great option for those who want to work their chest and shoulder *muscles* more efficiently. These benches allow you to tilt your body at a 30 to 45 degree angle, which puts more emphasis on your upper chest and shoulder muscles.

Incline benches are especially useful for exercises such as:

- *Incline bench press*: This exercise works the upper chest muscles.
- *Inclined side curl*: This exercise works the shoulder muscles.
- *Inclined row*: This exercise works your back muscles.

In addition to being more efficient, inclined benches are also safer than straight benches. This is because they help keep the body in a more stable position, which reduces the risk of injury.

If you're looking for a weight bench that allows you to work your chest and shoulder muscles more efficiently and safely, an incline bench is a great option.

Here are some benefits of using an incline bench for dumbbell exercises:

- *Greater emphasis on upper chest and shoulder muscles.*
- *More stable position, which reduces the risk of injuries.*
- *More exercise options.*

If you're looking for weight training equipment to improve your workouts, an incline bench is a great option.

Why do we talk about benches when it comes to dumbbells? Because with them you can significantly vary the exercises for a better result. In the US they cost approximately 100 dollars.

Where to buy

You can buy dumbbells at sporting goods stores, department stores or online (which is always the best option for speed and ease).

Dumbbells are a great option for those who want to start working out at home.

They are affordable, portable and easy to use. With a little dedication, you can achieve your fitness goals using dumbbells.

Important observation: Remember to consult experts before starting any physical exercise. They will assess your health to see whether or not you are fit to exercise.

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