

Dumbbell

From Wikipedia, the free encyclopedia

A dumbbell is a piece of equipment used in weight training, and is a type of free weight. It is usually held in one hand.

History

The forerunner of the dumbbell was used in India for more than a millennium, shaped like a club – so named the Indian club. The design of the "Nal", as the equipment was referred to, can be seen as a halfway point between a barbell and a dumbbell. It was generally used in pairs, in workouts by wrestlers, bodybuilders, sports players, and others wishing to increase strength and muscle size.

Etymology

"Dumbbells" as a word originated in Tudor, England – athletes used hand-held church bells to develop the upper body and arms. These bells ranged in weight from a few ounces to many pounds. Obviously, this would have made racket, so the athletes would take out the clappers (the thing inside the bell which hits the sides of the bell and makes the noise) so they could practice quietly; hence the name "dumb", as in "no sound", and "bell" – dumbbell. When strongmen started to make their own equipment, they kept the name, even though the shape changed. Kettles were also available in various sizes, ranging up to those holding several gallons. Filled with sand or water, these too could be used for training. When athletes started making purpose-built equipment, they also kept the name.

Types

By the early 19th Century, the familiar shape of the dumbbell, with two equal weights attached to a handle, had appeared. There are currently two main types of dumbbell:

Adjustable dumbbells consist of a metal bar whose center portion is often engraved with a crosshatch pattern (*knurling*) to improve grip. Weight disks (plates) are slid onto the outer portions of the dumbbell and secured with clips or collars.

Fixed-weight dumbbells are weights created in a dumbbell shape. Expensive varieties consist of cast iron coated with rubber for safety. Cheaper versions consist of a rigid plastic shell that is filled with concrete.

Anybody can workout with dumbbells.

You don't need a fancy gym membership or a lot of expensive equipment. Just get yourself a pair of dumbbells and you can benefit from weight training. Dumbbells are great to exercise with because they force you to control the weight. When you weight train on a machine the resistance is perfectly balanced for you. Dumbbell exercises demand that you use smaller stabilizer muscles in every movement. They are considered a free weight exercise and give your muscles a larger range of motion and as well as more freedom.

In a lot of ways dumbbell exercises are even better than barbells. The reason for this is because dumbbells force parts of your body to work on their own causing each specific muscle to experience the same weight. When you use barbells it's easier for stronger muscles to dominate and help the weaker muscles complete the lift. Over time this can lead to an unbalance.

Dumbbell Arm Exercises

Biceps

- Alternating hammer curls
- Cross body dumbbell hammer curls
- One Arm Dumbbell Preacher Curls
- Concentrator curls
- Alternate incline dumbbell curls

Triceps

- Tricep Kickbacks
- Seated dumbbell tricep extensions
- Dumbbell tricep extension
- Close grip dumbbell press

Forearms

- Reverse curls
- Dumbbell wrist curls

Dumbbell Chest Exercises

- Dumbbell bench press
- Dumbbell incline bench press
- Bent-arm dumbbell pullover
- Dumbbell flys
- Dumbbell incline flys

Dumbbell Back Exercises

Traps

Dumbbell shrugs

Middle Back

One-arm dumbbell rows

Twisting Dumbbell Row

Bent over two-arm dumbbell rows

Lower Back

Dumbbell hyperextensions

Still legged dumbbell deadlifts

Dumbbell Shoulder Exercises

Deltoids

Arnold dumbbell press

Front dumbbell raises

Dumbbell lateral raises

Dumbbell upright rows

Bent over dumbbell rear deltoid raises

Abdominal Exercises

Abs

Bicycle crunches

Twisting Abdominal Crunch

Hanging Knee Raise

Straight legged leg lifts

Dumbbell Leg Exercises

Quads

Dumbbell squats

Dumbbell lunges

Dumbbell deadlifts

Dumbbell step ups

Calves

Dumbbell donkey calf raises

Calf raises on a dumbbell

5. Explain why dumbbell exercises can be better than machine or even barbell exercises.

6. Name one dumbbell arm exercise.

7. Name one dumbbell chest exercise.

8. Name one dumbbell back exercise.

9. Name one dumbbell shoulder exercise.

10. Name one dumbbell leg exercise.

