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arca db workouts

Welcome,

I have written 10 fun and effective workouts for those of you that needs a bit of inspiration in your everyday training. You only need a set of dumbbells, a jump rope and some space around you, and you're ready to go. Please make sure to warm up properly before you hit the workout.

I hope that this list of workouts will help you keep moving, all though you won't make it to the gym.

Emil,
Arca head coach



workout 1

5 sets

30 seconds of db lunges

30 seconds of rest

30 seconds of db front squats

30 seconds of rest

rest 3-5 min

For time

30 db power cleans

60 sit ups

30 prison burpees

60 sit ups

30 db power cleans

We have a bit of strength work followed by a new favorite of mine. It gets fun around half way through the prison burpees! A prison burpee is '2 push ups + 1 burpee'.

Get to work!

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workout 2

5 sets

400 m run

12 db power clean

12 db push press

rest 1:00 min

Pick a weight where you can go unbroken on both the power cleans and push presses for, at least, the first 3 rounds. And please go fast from the beginning!

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workout 3

5 sets

amrap 2 min

50 double unders

10 db push press

max effort db front squats

1:00 min rest

rest 3:00 min

amrap 5

2 push ups in dumbbells

1 renegade row per arm

We start off with some intensity work with total amount of squats as our score. Finisher is just to make sure that our arms and back grows :-)

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workout 4

10 rounds

10 db front squats

10 db front rack lunges

100 m sprint

rest 1:00 min

These are intervals, go as hard as you possibly can every round.

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workout 5

db kalsu

100 db thrusters for time

*do 4 burpees on the minute

This one stings. I have heard rumours of grown men crying during this workout. Try to pick a challenging number of reps every minute, but allow your self a short break before the next minute starts.

And yes, of course you have to do the burpees on the first minute as well! ;D

workout 6

2 rounds (16 min)

emom 3 min

50–70 double unders

into

emom 5 min

8–12 db hang power clean and jerks

Pick a number of reps for that you can keep doing for the full workout. The clean and jerks are done with two dumbbells.

This will tax your grip, so choose wisely! :-)

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workout 7

emom 20 min

odd minutes

3 devils press

8 dumbbell front squats

even minutes

8 renegade rows

8 push ups in dumbbells

Alternating emom. Aim to be done before the :45 mark, or scale reps to meet that goal.

workout 8

4 sets

3-10 strict hspu

10 db weighted sit ups

max effort db strict press

20 russian twist

rest 1:00 min

rest 3:00 min

4 rounds for time

20 one arm db deadlift

20 one arm db power clean

20 push ups on dumbbell

Strength work to begin with. Cap the strict presses at 20, and go buy some heavier dumbbells if you are able to pass the 20 rep mark.

For the conditioning, the push ups on the dumbbell should be done on one dumbbell with one hand on each head of the dumbbell to force a narrow grip. This variation is fun.

workout 9

4 sets

amrap 4 min

400 m run

20 goblet squats

max burpees

1:00 min rest

You have 4 minutes of work, starting with a run, going through some squats and finishing off with a max effort on the burpee. Stop at the 4 minute mark, rest for 1 minute and go again for 4 rounds total.

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workout 10

for time

75 burpees over the dumbbells
50 dumbbell thrusters
25 devils press

This one does not sting. This one hurts.