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The Many Benefits & Drawbacks of Using Dumbbells

For people involved in strength training, dumbbells remain particularly popular for personal use, either alone or to augment a program that incorporates home gyms or resistance bands. If you employ dumbbells alone for strength training, you won't need to find space for a big weight machine or awkward collections of barbells. Moreover, if you select a set of the innovative, adjustable dumbbells, you will need a still smaller area for your exercise equipment. Another great model to consider is the [Bowflex Selecttech 1090 Adjustable Dumbbells](#).

When considering most standard exercises associated with strength training, dumbbells are generally just as useful as a home gym. For a few exercises, dumbbells are actually more efficient than a home gym. Dumbbell exercises will develop your torso muscles, which aids your posture and will be your safeguard against back and shoulder injuries. Dumbbells also provide a greater scope of possible movements than you'll find with home gyms.

When designing your particular routine for strength training, the dumbbells you use, the level of weight you work with and the amount of repetitions you do will take into account your present capabilities and your intended fitness target. Dumbbells may be worked with to increase muscle mass, burn fat, or build endurance. A number of women stay away from strength training in general and dumbbells especially because they have been given bad advice about bulking up or harming themselves. Women's muscles can not naturally become large like a man's, though, because of the concentration of estrogen in their bodies. Furthermore, while being used correctly, free weights are no more dangerous than elliptical trainers. For that matter, women can safely perform strength training exercises with dumbbells and receive quite a few of the same benefits as males do, including increases in circulation, posture, and ligament strength. Moreover, when weight-bearing exercises are accomplished several times a week, and joined with the proper calcium intake, women can enjoy a better chance of not having osteoporosis. Another nice option is the [Bowflex Selecttech 1090 Adjustable Dumbbells](#).

Dumbbells, if worked with properly, will be as safe as a stair climber. Before committing to an exercise program, make certain to meet with your health care provider about your present fitness level in addition to your eventual goals. Once that's done, consult with a personal trainer or purchase a practical weight training program, and really try to get a workout buddy. At that point you ought to be ready to commence with your strength training program. The right program, incidentally, includes warming up and stretching. Starting your routine with very little weight and building up that weight while you advance is another sensible piece of advice. Having a spotter is always a good tip as well. Finally, don't ever drop or toss the dumbbells after an exercise. This may cause some muscle injuries, and could hardly be helpful to any surface which the dumbbell lands on. Working with a set of dumbbells the right way is not merely about averting injuries, though. Proper equipment use is central to maintaining the quality of your workout and realizing your fitness goals.

Strength training through the use of dumbbells may be effective for losing weight, building muscle, or merely toning what you naturally have. You might even help your posture, speed up your circulation and keep your bone health. Employing dumbbells to complement weight machines will allow you a more comprehensive exercise regimen. When employed exclusively for strength training, dumbbells can stretch your money and space, yet nonetheless offer you the body-shaping workout you desire. Another good item to look into is the [Bowflex Selecttech 1090 Adjustable Dumbbells](#).

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