



Hand Weight Exercises

Recommendations

Strength training is an important way to keep your body moving and in optimal health. Strengthening your muscles also helps your body perform everyday activities with ease and comfort. Current guidelines recommend adults incorporate strength training exercises at least 2 times per week.

- 2-4 sets of each exercise will help improve strength and muscle tone;
 - 8-12 repetitions to improve strength and power
 - 10-15 repetitions improve strength in middle-aged and older individuals just starting to exercise
 - 15-20 repetitions to improve muscular endurance
- Adults should wait at least 48 hours in-between strengthening sessions for adequate muscle recovery
- To make exercises more difficult, increase the weight of handheld objects

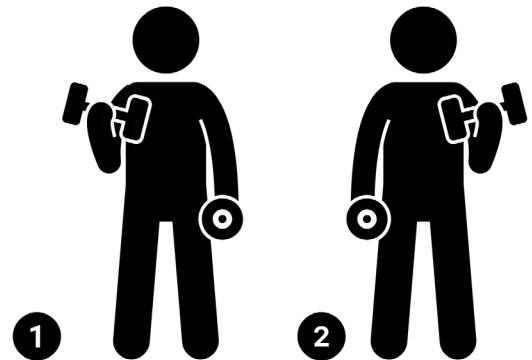
Equipment

Hand weights, dumbbells, or household weighted objects such as canned goods or milk jugs.

Upper Body Exercises

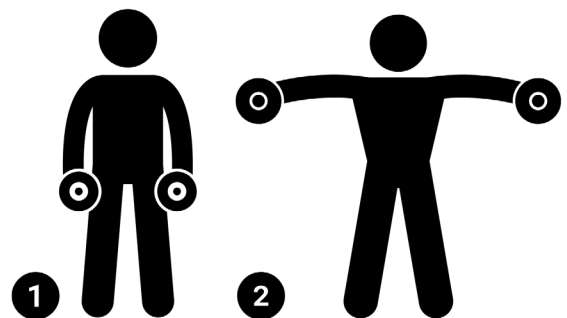
Bicep Curl

Start by standing with feet shoulder-width apart and weights held comfortably at waist-height. Alternate bending at the elbows to raise the weight to shoulder height, slowly lower arm to starting position. An alternative option is to raise and lower both arms at the same time.



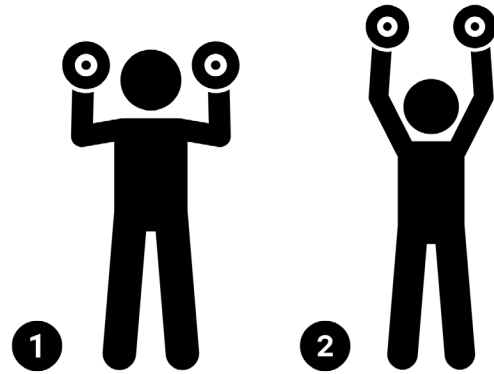
Lateral Shoulder Raise

Start by standing with feet shoulder-width apart and weights held comfortably at waist-height. While keeping straight elbows, raise weights laterally away from the body to shoulder height. Slow, and controlled, return the weights to the starting position.



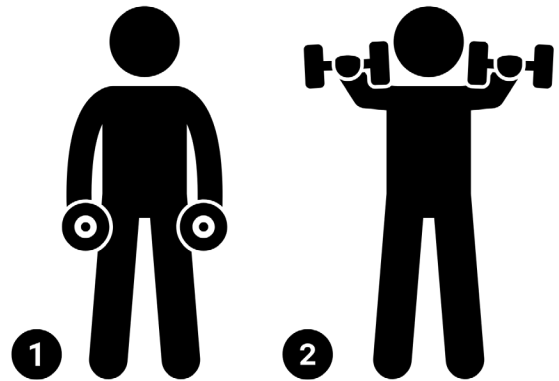
Shoulder Raise

Start by standing with feet shoulder-width apart and weights held overhead with elbows at a 90 degree angle. Raise weights and straighten elbows, bringing weights to a near-touching position overhead. Controlling the weights, lower hands back to starting position.



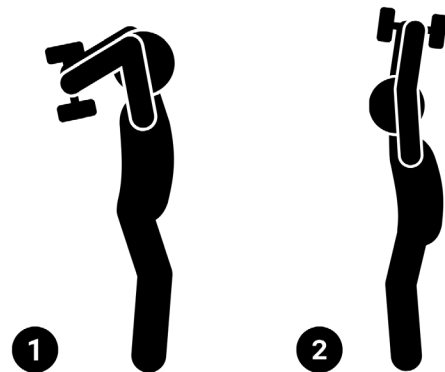
Front Raise

Start by standing with feet shoulder-width apart and weights held comfortably at waist-height. While keeping straight elbows, raise weights directly in front of the chest to shoulder-height. Controlling the weights, lower hands back to the starting position.



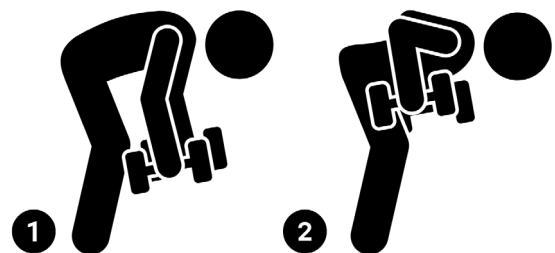
Tricep Press

Start by standing with feet shoulder-width apart and a single weight held in both hands behind the head with bent elbows. Raise the weight and straighten the elbow directly overhead. Slowly bend the elbows behind the head and return the weight to the starting position.



Bent-Over Row

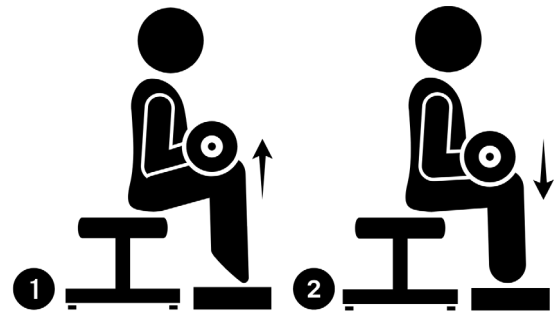
Start by standing with feet shoulder-width apart with the body bent forward at the hips, maintaining a straight back position, with weights held straight out from the body above the knees. Pull the elbows and weights directly back towards the chest. Slowly straighten the elbows, lowering the weights, returning to the starting position.



Lower Body Exercises

Calf Raises

While seated, hold weights near the waist, rise up onto toes pushing through the balls of your feet. Hold the position, squeezing the calf muscles, slowly lower heels back down to starting position. Exercise can also be performed while standing for increased difficulty.



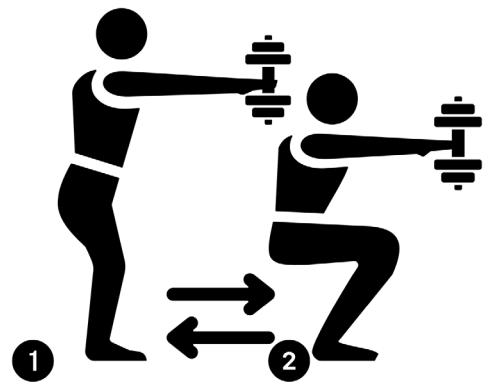
Lunges

Start by standing in a split stance with one foot forward and one foot behind and weights held at the waist. Slowly bend at the waist until the front knee is bent near 90 degrees. Raise the body back to the starting position. Switch legs and repeat.



Squats

Start in a standing position with feet slightly wider than shoulder-width apart and weights held directly out in front of the body. Lower the body, as if you are sitting back in a chair, bending the knees to near 90 degree angle while keeping the weight on your heels. Push into the ground from the heels back into a standing position.



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MC-03479