

**THE BODY COACH
PAUL COLLINS**

**DYNAMIC
DUMBBELL
TRAINING**

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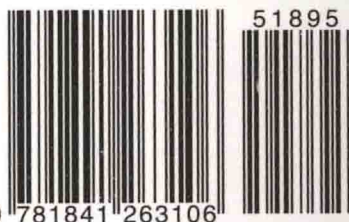
About the Book

Every piece of exercise equipment in the gym serves a purpose, but none more so than the DUMBBELL, commonly referred to as hand-weights or free weights.

Now with the introduction of the revolutionary Dynamic Dumbbell: 3-Stage Training System™, the Body Coach® Paul Collins takes you one step further in your knowledge and understanding of strength development by providing you with a progressive series of 'Functional Fitness' and 'Sports Specific' movement patterns using dumbbells that aim to improve everyday lifestyle and athletic movement patterns for a stronger, leaner and more powerful body.

Coach Collins' 3-Stage Dumbbell Training System™ combines traditional strength training methods with more specific functional and dynamic movement patterns including Olympic-Lifting techniques for achieving the ultimate athletic body.

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The Body Coach Series

Dynamic Dumbbell Training

The Ultimate Guide to Strength and Power Training with
Australia's Body Coach*

Paul Collins

Meyer & Meyer Sport

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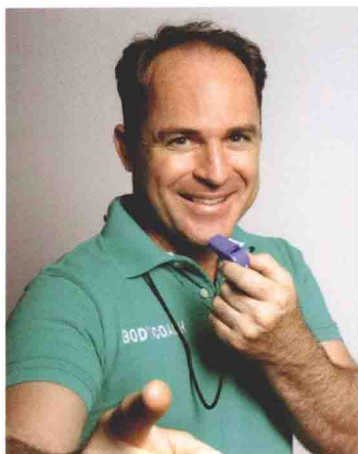
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About the Author



Paul Collins, Australia's Personal Trainer™ is founder of The Body Coach® fitness products, books, DVDs and educational coaching systems – helping people to get fit, lose weight, look good and feel great. Coaching since age 14, Paul has personally trained world-class athletes and teams in a variety of sports from Track and Field, Squash, Rugby, Golf, Soccer and Tennis to members of the Australian World Championship Karate Team, Manly 1st Grade Rugby Union Team and members of the world-renowned Australian Olympic and Paralympic Swimming teams. Paul is an outstanding athlete in his own right, having played grade rugby league in the national competition, an A-grade squash player, National Budokan Karate Champion and NSW State Masters Athletics Track & Field Champion.

A recipient of the prestigious 'Fitness Instructor of the Year Award' in Australia, Paul is regarded by his peers as the 'Trainers' Trainer' having educated thousands of fitness instructors and personal trainers and appearing in TV, radio and print media internationally. Over the past decade, Paul has presented to national sporting bodies including the Australian Track and Field Coaching Association, Australia Swimming Coaches and Teachers Association, Australian Rugby League, Australian Karate Federation and the Australian Fitness Industry as well as travelling to present a highly entertaining series of Corporate Health & Wellbeing Seminars for companies focused on a Body for Success™ in Life and in Business.

Paul holds a Bachelor of Physical Education degree from the Australian College of Physical Education. He is also a Certified Trainer and Assessor, Strength and Conditioning Coach with the Australian Sports Commission and Olympic Weight Lifting Club Power Coach with the Australian Weightlifting Federation. As a Certified Personal Trainer with Fitness Australia, Paul combines over two decades of experience as a talented athlete, coach and mentor for people of all age groups and ability levels in achieving their optimal potential.

In his free time, Paul enjoys competing in track and field, travelling, food and movies. He resides in Sydney, Australia

For more details visit: www.thebodycoach.com

A Word from The Body Coach®

For any person looking at increasing their muscular size, strength and tone and coordination as well as explosive power for improving general fitness and athletic performance – then *Dynamic Dumbbell Training* is the ultimate training guide for you. Let me explain!

Every piece of exercise equipment in the gym serves a purpose, but none so more than the dumbbell, commonly referred to as free weights or hand weights. *Dynamic Dumbbell Training* is more beneficial than exercise machines and barbells because exercises work on activating smaller stabilizing muscle groups to control the movement pattern through various planes of movement – increasing muscular activation and movement control. This means that you are no longer governed by the fixed position or limited range, instead you are drawn into the training process through better muscular coordination and control of both deep core and larger muscle group involvement aimed at replicating daily lifestyle or sport-specific movement patterns more accurately and ultimately improving Central Nervous System (CNS) recruitment, muscular coordination and fat loss.

In traditional strength training, dumbbells have been used to strengthen or isolate a muscle group or series of muscle groups in a fixed or stationary position standing or whilst lying, kneeling or sitting on a bench. With the introduction of *Dynamic Dumbbell Training* I aim to take you one step further with my breakthrough **3-Stage Dynamic Dumbbell Training System™**:

Stage 1: Strength

Stage 2: Functional

Stage 3: Power

Each stage aims to progress you through a series of progressive strength and 'Sports-Specific' powerful movement patterns aimed at improving everyday lifestyle and athletic movement patterns on top of your strength gains.

This means that whilst I will be helping you establish a solid strength foundation through traditional dumbbell training methods, I will also be combining this with more functional and dynamic movement patterns performed in an athletic position on one's feet or an unstable environment such as sitting or lying on a **fitness ball** or using a **Kettlebell** and **Olympic Lifting** techniques for increased kinesthetic awareness, core stability and sports specificity through speed of movement and explosive power development.

Dynamic Dumbbell Training is loaded with exercise information beneficial for any athlete, exercise enthusiast, coach or trainer at any level. It contains all the fundamental guidelines for participating in a safe and efficient strength-training program, whilst sequencing exercises towards the development of more explosive power through my **3-Stage Dynamic Dumbbell Training System™**. This approach will ensure you gain good foundational strength, increased muscle mass and strength endurance whilst also challenging your body with more functional and dynamic movement patterns for achieving the ultimate athletic body.

Dynamic Dumbbell Training also aims to take the guesswork out of training by providing you with specific exercises and training routines. So, whilst there may be thousands of dumbbell exercises available, this often only brings confusion into the process; whereas 'my objective' is to bring specificity and focus into your weekly training program for a better learning experience and greater results with the Body Coach® Strength Training System! This way you know what you're doing and when, which is an important element for me as a coach – ensuring you are guided all the way!

I look forward to working with you!

Paul Collins

The Body Coach®





CHAPTER 1

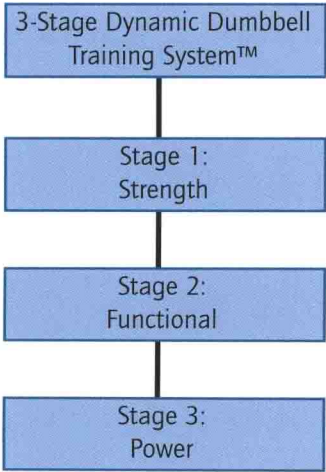
3-STAGE DYNAMIC DUMBBELL TRAINING SYSTEM

Every good exercise program starts with a method upon which training principles are based. In my book, *Awesome Abs*, I devised a 5-Phase Abdominal Training System for maximizing your core potential. In, *Speed for Sport™* I devised a 6-Stage Fastfeet® Training Model for maximizing your speed potential. In *Functional Fitness* I devised a Functional Fitness Method (FFM) with '6- Key Movement Patterns' that aim to provide a balance of muscular strength, fitness and mobility throughout multiple planes of motion. In *Strength Training for Men*, I have devised the 5-Phase Core-Strength to Power Conversion Training System™ which aims to improve fundamental core-strength, mobility and coordination required for Olympic Lifting and power gains. In *Core-Fitness*, I introduced a new approach focused on cavity based training along with the Core-in-Motion Method™ for improved muscular control in functional athletic positions. In *Athletic Abs*, I introduced the Top 10 abdominal exercises of all time using the revolutionary Abdominal Wheel System™. And now, in this book I have developed a 3-Stage Dynamic Dumbbell Training System™ that progresses you through stages of strength, function and power training.

3-Stage Progression

A method of progression in any training program needs to first be established to enable one to know where to start as well as where one needs to progress to. The innovative 3-Stage progression applied here allows the participant time to establish appropriate strength throughout the body, its muscles, joints, energy and nervous systems and progressively adapt to new functional and more powerful movement patterns for optimal athletic gains. Below are the 3 stages involved:

3-Stage Dynamic Dumbbell Training System™



Stage 1: Strength

The general strength preparation phase is based on a diverse range of strength movement exercises using dumbbells that aim to improve muscle coordination and endurance and neural adaptation, before progressing onto the goal of increasing the cross-sectional area of muscle and ultimately maximum strength. The main exercises provided in Stage 1 involve individual isolated exercises as well as compound movement exercises that target multiple muscle groups used in sports and for gaining overall athleticism. This stage includes exercise instruction in technique and breathing for increasing body awareness and maximizing muscular strength and endurance.

Stage 2: Functional

As general strength improves, more functional-based exercises can be added into the program for challenging strength and coordination. These exercises should not be performed alone, but rather in association with Stage 1 exercises, as in many instances the weight being lifted is reduced in comparison to Stage 1 due to the functional movement pattern and coordination required. As movement function and control improves, the dumbbell weight used is increased as well as the repetitions (or time) and sets to heighten the challenge – with quality of movement being the main objective here.

Stage 3: Power

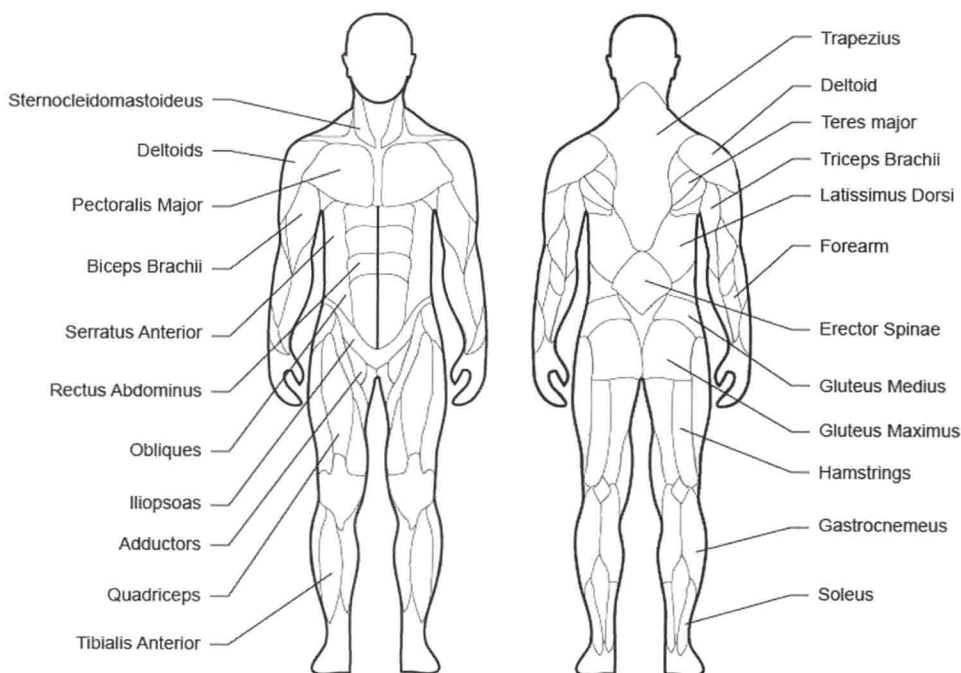
After developing strength and general functional movement patterns, your goal is to convert this into power. In Stage 3 we concentrate on exercises that link two or more strength foundation exercises together that form a part or sequence or a simulated Olympic Lifting style movement using dumbbells – generating a high level of speed, force and power. The objective here is to never sacrifice lifting technique for a heavier weight and ensure the strength and functional movement patterns are in place prior to implementing in Stage 3. This is essential for building technique and muscular coordination of more powerful lifts together with the continual adaptation of the neuromuscular framework as part of a power progression using sub-maximal loads for mastering technique before increasing loads.

Program Design

One of the most important elements of any sport or activity is a well-designed strength-training program. With the 3 stages now in place, a series of progressive strength training programs have been created to help guide you towards your goal. As appropriate strength gains require the attention of a number of training variables, being able to identify and apply the 'Anatomy of Movement' on the following pages helps you to progress in your complete knowledge and understanding of training requirements and optimal performance.

Anatomy of Movement

Strength training has a variety of terms used to describe the movement patterns, muscle contractions and various descriptions when exercising. Simple terms often become more complex as training progresses which can seem confusing at times, although the more you get involved the more knowledge and understanding you'll have of your body. In this chapter, I will outline many of the important key words used throughout this book and also in a gym or sports training environment.



Muscle Chart

Muscle	Origin	Insertion	Function	Location
Abductors	Ilium	Femur	Brings hip away from body.	Front and rear side of hip region; TFL, Gluteus medius and minimus
Adductors	Pubis	Femur	Brings leg back to and across body.	Inside of upper leg (groin area)
Biceps brachii	Scapula	Radius and Ulna	Flexes elbow and moves forearm.	Front side of upper arm
Brachialis	Humerus and Septa	Coronoid process and Ulna	Flexes elbow.	Forearm
Brachioradialis	Humerus and Septum	Radius	Flexes and rotates elbow.	Forearm
Deltoid	Clavicle, Deltoid tuberosity, Acromion and Scapula	Deltoid tuberosity (Humerus)	Raises and rotates arm in all directions.	Shoulders
Erector spinae	Sacrum and Ilium	Upper Thoracic vertebrae	Extends spine and trunk back.	Back region (along spine)
Gastrocnemius	Femur Lower leg - back	Calcaneum (by Achilles tendon)	Raises heel when leg is straight.	Rear side of lower leg (calf muscle)
Gluteus maximus	Ilium	Femur	Moves hips forward.	Buttock region (rear side of hip)
Hamstrings (made of 3 muscles): 1. Biceps femoris 2. Semitendinosus 3. Semimembranosus	1. Ischium 2. Ischium 3. Ischium	1. Fibula and Femur 2. Tibia 3. Tibia	1. Bends knee. 2. Bends knee. 3. Bends knee.	Rear side of upper leg
Iliopsoas	Ilium, Sacrum, Thoracic and Lumbar vertebrae	Femur	Moves hips backwards.	Deep hip flexors
Latissimus dorsi	Lower Thoracic, Lumbar vertebrae and Sacrum	Humerus	Brings shoulders and arms back to body.	Rear sides of mid to upper back

DYNAMIC DUMBBELL TRAINING

Pectoralis major and minor	Sternum	Humerus	Moves Humerus (arm) to chest.	Chest region
Quadriceps (made of 4 muscles): 1. Rectus femoris 2. Vastus lateralis 3. Vastus medialis 4. Vastus intermedius	1. Ilium 2. Femur 3. Femur 4. Femur	Tibia (Patellar tendon)	1. Extends leg out. 2. Extends knee. 3. Extends knee. 4. Extends knee.	Front side of upper leg (thigh)
Rectus abdominis	Costal cartilages, Medial inferiorcostal	Margin and Xiphoid	Brings trunk forward, and aids expiration.	Abdominal region
Rhomboids	Upper Thoracic vertebrae	Scapula	Pulls back Scapula (shoulder blades).	Upper back
Soleus (calf muscles)	Tibia and Fibula	Calcaneum (by Achilles tendon)	Raises heel when leg is bent.	Rear side of lower leg (calf muscle)
Tibialis anterior	Tibia	Metatarsal (large toe)	Raises front of foot.	Front side of lower leg
Trapezius	Starts at base of skull. Ends at last thoracic vertebra.	Scapula and clavicle elevation.	Elevates and lowers pectoral girdle. Also moves scapula towards the spine.	Neck and shoulder region
Triceps	Brachi, Scapula and Humerus	Olecranon process (elbow)	Extends forearm.	Rear side of upper arm