

Fitness Tips: Dumbbell Training for Total Body Toning



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If you've been looking for [fitness tips](#) and [fitness advice](#) to start a new morning workout routine, a bit of training with dumbbells may be just what you need! They can be used in everything from traditional bicep curls to incorporation with Pilates exercises like a glute bridge. Throw in some isometric exercises with dumbbells, and you'll get a true full total body toning experience.

We've gathered some fitness tips for working out with dumbbells for a total body toning!

1. They are inexpensive: If you don't want to shell out the cash for a gym membership, dumbbells are a great alternative. They don't take up an exorbitant amount of space like other home-exercise equipment, either.

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2. It's safe to train without a spotter: When you're working out for a total body toning with dumbbells, you don't need someone to sit with you to make sure you aren't lifting more than you can handle since you're only lifting a five or ten-pound weight (unless you feel you can lift more).

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3. It's good for bone density: Weight-bearing exercises increase bone density. While you are only lifting dumbbells to tone your muscles, consider that you must still lift the weights to actually reap any benefits associated with dumbbells. Bone density is important because having strong bones can prevent bone fractures and breaks later in life (or osteoporosis).

4. Variety: If you're not ready for *total* body toning yet and want to work your way up to larger weights, dumbbells are great because they can be used for many different things. Machines allow for movement in one direction and are too heavy; they're also intended for building muscle rather than toning. You control where the dumbbells go, so you have more choice in how you want to use them to work out your body.

What are some of the other benefits of toning with dumbbells?

Let us know in the comments below!