

HAMPTON LOOKBOOK 2024-2025



hamptonfit.com



FREE
10 WEEK
DUMBBELL
PROGRAM
INSIDE



WELCOME TO LIFT CULTURE

Think strength is cool? Same. Looking to push limits? Hell yeah, us too. And we know behind every new PR is a trail of blood, sweat, and failed attempts. And we're here for it all. It doesn't matter if it's weightlifting, crossfit, powerlifting, sports, yoga... we're all in. We win with you. We fail with you. This is Lift Culture. This is Hampton... now let's get to work.

WELCOME



[» See More](#)

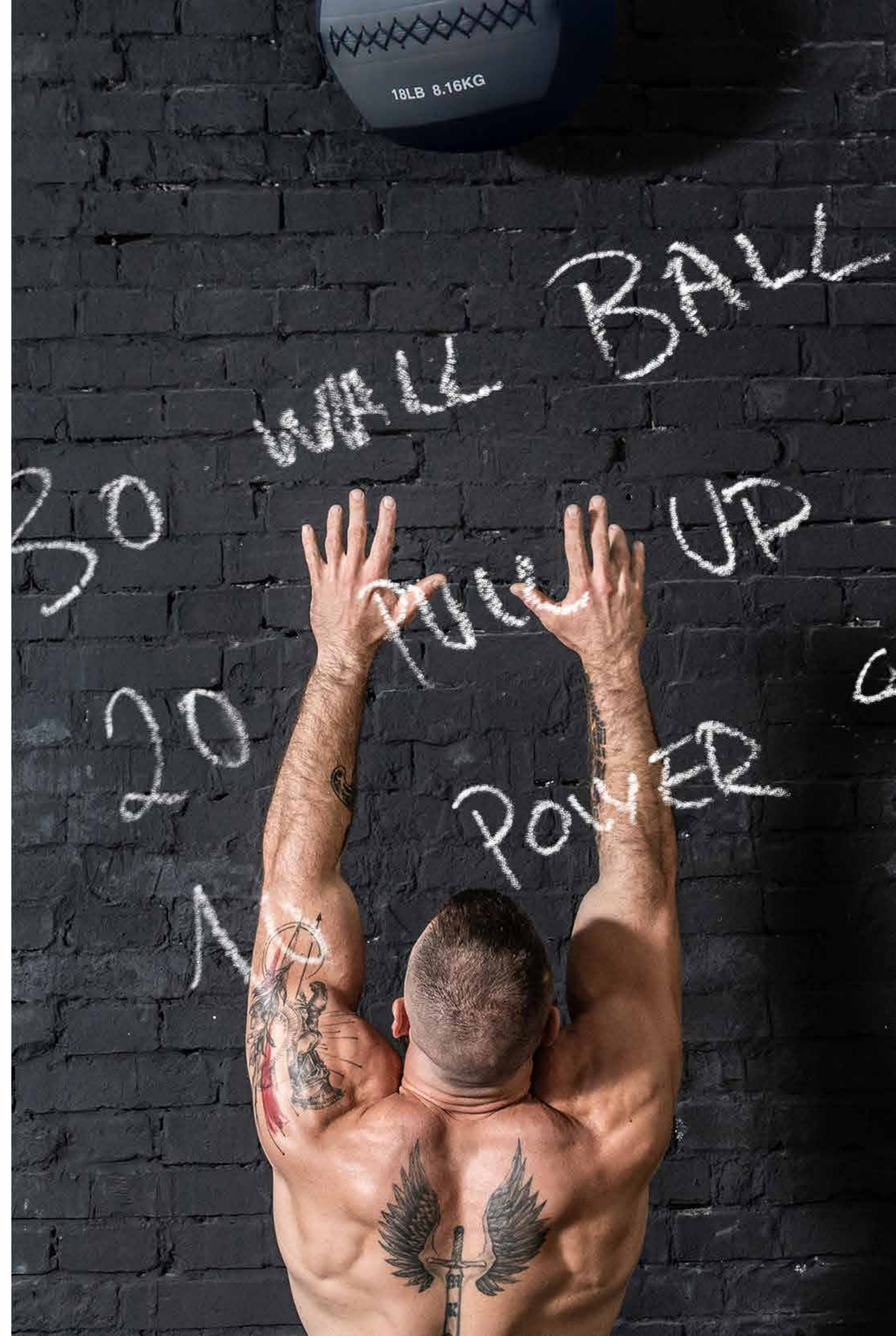
A photograph of two men shaking hands. A large, billowing cloud of white powder or chalk is suspended in the air between their hands. Several blue lightning bolt icons are scattered within the powder cloud. The scene is lit from the side, creating strong highlights and deep shadows. The background is dark and out of focus.

Hey.

Let's go lift
weights and
be awesome.



MUSCLES ARE COOL



Everyone has a passion. Ours is fitness. At the core of that passion sits our dumbbells. They are the foundation of our brand and we take great pride in the innovation, design and wide selection of our dumbbell products. They're the best. Trust us.

HAMPTON KNOWS DUMBBELLS





Dura-Pro Urethane Dumbbells

The Dura-Pro dumbbell delivers comfort, function and durability- the foundation of any fitness enthusiast. The compact design and contoured handle supports the natural arch of the hands and gives the lifter an exceptional experience in every workout.

[» Learn More](#)



Dura-Bell® Urethane Hex Dumbbells

The industry's most "durable" and dependable hex dumbbell. Our Dura-Bell dumbbell pairs have a patented design that makes them maintenance free. Dura-Bell® is so reliable, we guarantee its structural integrity with a 5 Year Warranty.

[» Learn More](#)



Pro-Hex Dumbbells

The classic workhorse. These Pro-Hex dumbbells are made with solid steel handles and a baked enamel finish. This makes them some of the toughest and most durable dumbbells in the industry. Not to mention it gives them a rugged, gritty aesthetic that old school lifters love.

[» Learn More](#)



Chrome Beauty-Grip Dumbbell

The European style design is what sets Hampton Chrome Beauty-Grips apart from all the rest. Inlaid urethane grips make these dumbbells easy to handle and the nickel-plated chrome has the strongest finish in the industry.

[» Learn More](#)



FIXED-GRAY Pro-Style Dumbbells

These dumbbells feature a twice-baked enamel finish along with three handle options – Urethane Snug Grip™, contoured steel and straight steel handles. Hampton's trademark Dura-Lock End-Cap System upgrade included.

[» Learn More](#)



Gel-Grip® Urethane Dumbbells

The most versatile, premium urethane dumbbell out there. Hampton Gel-Grips offer a contoured, urethane grip and ultra-durable, urethane coating. Customize your set by engraving your logo on the stainless steel face-plates.

[» Learn More](#)



Jelly-Bell® Urethane Dumbbells

The Jelly-Bell urethane aerobic dumbbells are TRULY ONE OF A KIND. Jelly-Bells are built with a solid steel core completely encapsulated with translucent colored polyurethane coating and backed by the industry's strongest 5 Year Warranty.

[» Learn More](#)



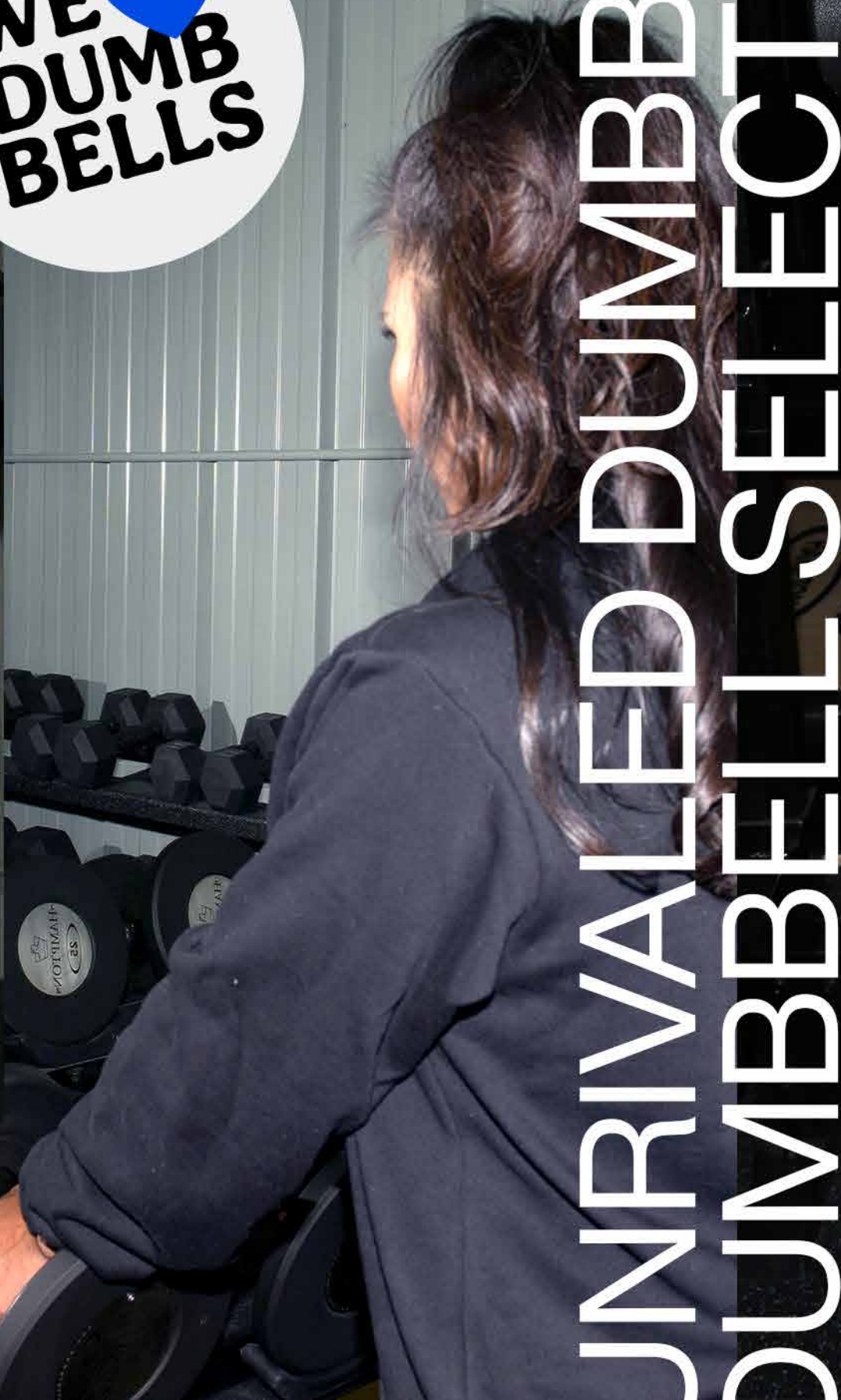
Eclipse Pro Style Dumbbell

The Eclipse combines form and function and takes it to a whole new level. Built with the highest quality raw iron, we chrome the plates and apply replaceable rubber rings for protection and aesthetics. Along with its 32mm grip, the Eclipse definitely make a statement.

[» Learn More](#)



WE  DUMB BELLS



UNRIVALLED DUMBBELL SELECTION



ALL THE DUMBBELLS
ALL THE DUMBBELLS
ALL THE DUMBBELLS
ALL THE DUMBBELLS



ALL THE DUMBBELLS
ALL THE DUMBBELLS
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STACK 'EM. SMASH 'EM. RACK 'EM.



Multi-Hex Trap Bar

The Hampton original “Rock and Rack” system so you can load your plates without having to lift each end of the bar. The “High / Low” gripping options accommodate any height athlete. Simply one of the best trap bars in the gym!

[» Learn More](#)



20KG Olympic Bar | 1500LB

This 86” International Olympic Bar, 1500 lb test and a 165,000 PSI rating. This Olympic bar is also designed to survive a beat down! Cleans, Squats, Bench press, it can handle the biggest and baddest lifters in the club. Crossfitters are also welcomed to take a shot at this beast!

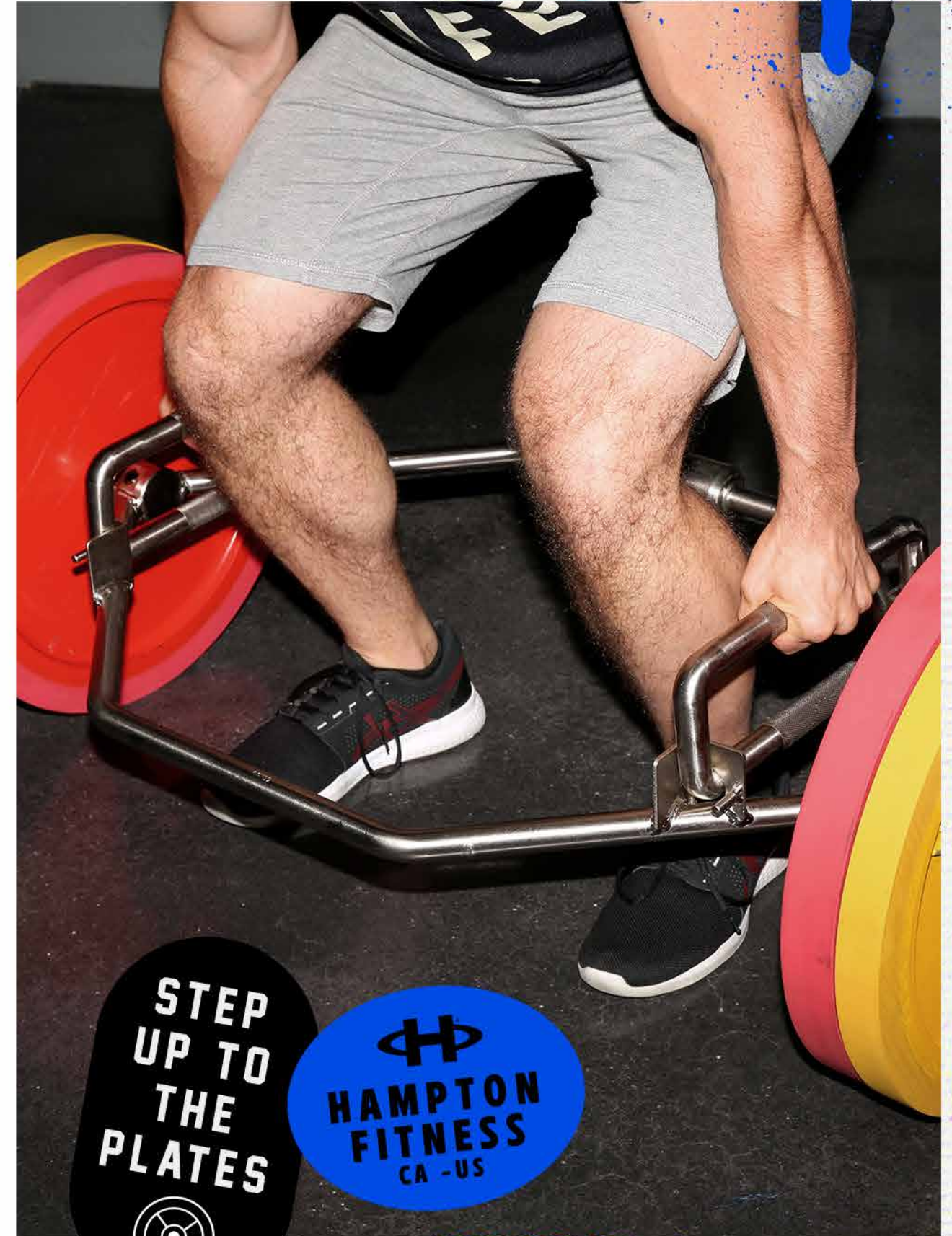
[» Learn More](#)



53” Olympic Grip Bulldog Curl Bar

The Hampton original “Bulldog” bar is a work of art and function. 4 precision urethane grips allow comfort for the natural curve of your palm. Inlaid rubber rings on the sleeve and end cap not only look great but serve as protection for your flooring and plates. This bar can handle any gym environment and has the warranty to back it up.

[» Learn More](#)



STEP
UP TO
THE
PLATES



HAMPTON
FITNESS
CA - US



Olympic Grip Urethane Plates

Hampton's new grip plates are fully encased in high-quality urethane, preventing scratches to floors and equipment. Urethane is non-porous, therefore easier to clean, more hygienic, and longer lasting than other plate materials. Our Hampton Olympic Grip (HOG) plates have a recessed area around the ergonomically curved handles, making it easy to pick up off the floor, and features a steel hub for smooth loading and unloading.

[» Learn More](#)



Olympic Rubber Bumper Plates

Hampton Fitness has redesigned our classic bumper plate to meet the modern needs of today's athletes in the powerlifting community. The slimline design enables increased plate loading and reduces noise on impact after bar drops. These precision plates are machined from a solid piece of steel and are coated by over 1 inch of virgin rubber around the outer diameter.

[» Learn More](#)



Olympic Grip Rubber Plates

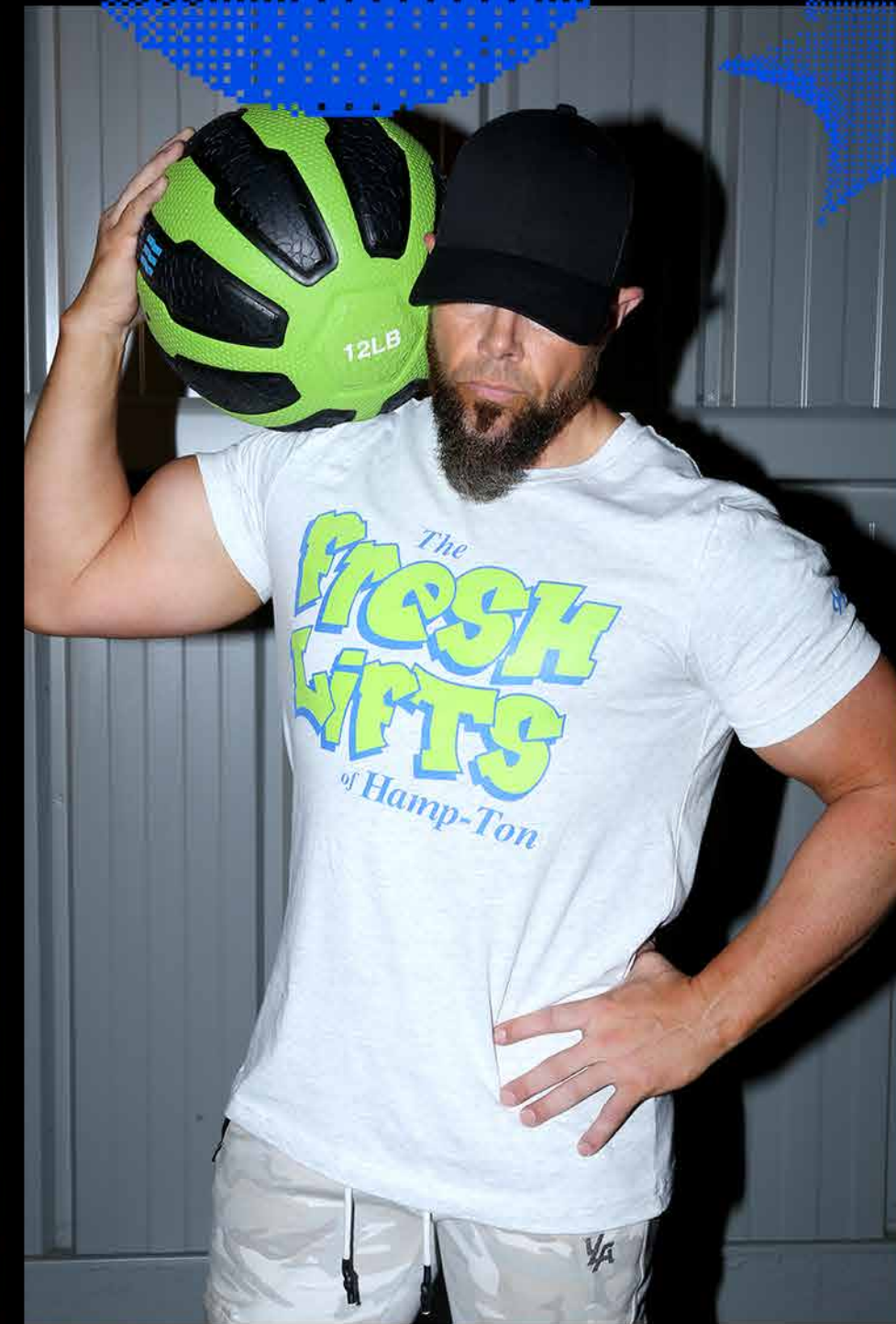
Hampton Olympic Grip (HOG) plates have an advanced design that makes them super-attractive and more functional than ever. These user-friendly plates are fully encased in high-quality virgin rubber, preventing scratches to floors and equipment. The Hampton Rubber Grip plate has a recessed area around the ergonomically curved handle, making it easy to pick up off the floor.

[» Learn More](#)



HOODIES
T-SHIRTS
FLAGS
SWEATSHIRTS
SHORTS
SPORTS BRAS
BAGS
STICKERS
WATER BOTTLES

OUR FLYMERCH IS ALL THAT.



AND IF YOU DON'T AGREE, YOU CAN TALK TO THE HAND.

[» See More](#)

10 WEEKS. 3 WORKOUTS. 2 PAIRS OF DUMBBELLS.

WHAT IT IS

We've created this 10-week workout plan for both intermediate and novice lifters using minimal equipment to get results. Each workout is made up of compound movements for a complete full-body workout. These exercises incorporate multiple muscle groups, so you can maximize your efforts while minimizing your workout time.

WHAT YOU'LL NEED

All you need to perform this entire workout is 2 pairs of dumbbells, 45 minutes 3 days a week, plus the commitment and determination to make progress. That's it!

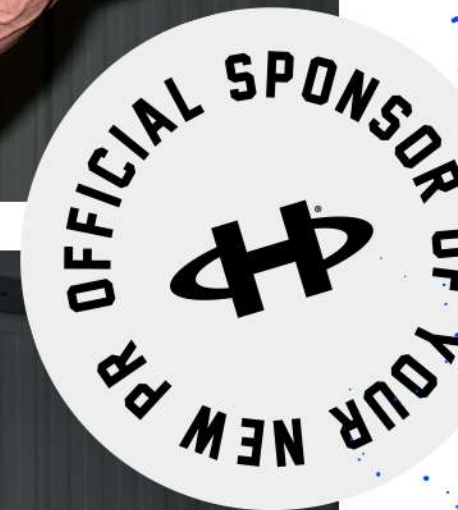
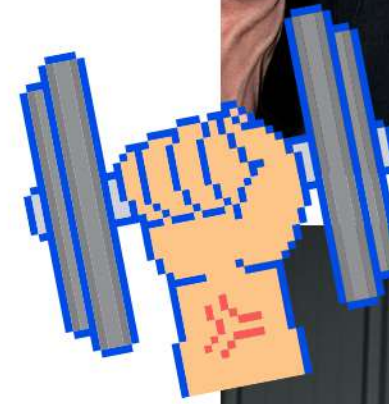
HOW YOU'LL DO IT

For exercises like overhead shoulder presses, lateral raises or bicep curls, use a lighter pair of dumbbells. For exercises like bench press, squats or bent over rows, use a heavier pair of dumbbells. As you progress, you'll need to continue to challenge the muscle. You can do this by doing one or a combination of the following: slow the tempo of your exercise by counting to three for both concentric and eccentric parts of the movement; add more sets to each exercise; add more reps to each set; increase resistance by grabbing a heavier pair of dumbbells (usually 5-10lbs heavier).

WHAT WEIGHTS DO I USE?

Grab a full gallon of milk, juice or water (these weigh approx. 8 lbs) with your non-dominant hand. Curl it up like a standard dumbbell curl and press it above your head in a smooth motion. Do 10 reps of this movement. If you were starting to feel the burn on that last rep, but you still had more in the tank, you should start with 15 – 25 lbs for your light weight dumbbell pair. For your heavy dumbbell pair, chose a weight 1.5 – 2 times the weight of your light pair.

Follow us on our social channels for nutrition tips that will help you fuel your workouts, lose weight and gain muscle.



WEEK 1-3

DAY 1

Dumbbell Floor (or bench) Press
3 Sets / 10-12 reps

Bent Over Row
3 Sets / 10-12 reps

Front Squats
3 Sets / 10-12 reps

Split Squat Jumps (body weight)
3 sets / 10 reps total

DAY 2

Standing Shoulder Press
3 Sets / 8-12 reps

High Pull
3 Sets / 8-12 reps

Dumbbell Deadlift
3 Sets / 8-12 reps

Squat Jumps
2 sets / 5 reps

DAY 3

Dumbbell Push-ups
3 sets / 10 reps

Renegade Row
3 sets / 10 reps (each side)

Goblet Squat
3 sets / 10 reps

Burpee Over Dumbbell
2 sets / 10 reps

WEEK 4-6

DAY 1

Piston Press
3 Sets / 10-12 reps (per arm)

Single Arm Bent Over Row
3 Sets / 10-12 reps (per arm)

Sumo Squats
3 Sets / 10-12 reps

Stiff-Legged Deadlift
3 sets / 12 reps total

DAY 2

Single-Arm Dumbbell Snatch
3 Sets / 10 reps (per arm)

Lateral Raise
3 Sets / 8-12 reps

Stationary Lunge
3 Sets / 8-12 reps (per leg)

Pause Squat Jumps
3 sets / 10 reps
(2-3 sec pause)

DAY 3

Floor Fly Crunch
3 sets / 12 reps

Alternating Shoulder Press
3 sets / 10 reps (per arm)

Alternating Bicep Curl
3 sets / 10 reps (per arm)

Burpees
3 sets / 10 reps

WEEK 7-9

DAY 1

Dumbbell Floor (or bench) Press
3 Sets / 10-12 reps

Push-up Burnout Set
AMRAP

Bent Over Row
3 Sets / 10-12 reps

Front Squats
3 Sets / 10-12 reps
Bodyweight Burnout Set
AMRAP

Split Squat Jumps (body weight)
3 sets / 12 reps total

DAY 2

Dumbbell Clean & Press
3 Sets / 8-12 reps (per arm)

Dips Burnout Set
AMRAP

High Pull
3 Sets / 8-12 reps

Dumbbell Deadlift
3 Sets / 8-12 reps

Squat Jumps
3 sets / 12 reps

DAY 3

Dumbbell Push-ups
3 sets / 10 reps

Goblet Squat
3 sets / 10 reps

Bodyweight Burnout Set
AMRAP

Renegade Row
3 sets / 12 reps (per side)

Burpee Over Dumbbell
2 sets / 12 reps

WEEK 10

DAY 1

Piston Press
3 Sets / 10-12 reps (per arm)

Pushup Burnout Set
AMRAP

Single Arm Bent Over Row
3 Sets / 12 reps (per arm)

Sumo Squats
3 Sets / 12 reps
Bodyweight Burnout Set
AMRAP

Stiff-Legged Deadlift
3 sets / 12 reps

DAY 2

Single-Arm Dumbbell Snatch
3 Sets / 12 reps (per arm)

Lateral Raise
3 Sets / 12-15 reps

Stationary Lunge
3 Sets / 12 reps (per leg)

Pause Squat Jumps
3 sets / 12 reps
(2-3 sec pause)

DAY 3

Floor Fly Crunch
3 sets / 12 reps

Pushup Burnout Set
AMRAP

Alternating Shoulder Press
3 sets / 12 reps (per side)

Alternating Bicep Curl
3 sets / 12 reps (per side)

Burpees
3 sets / 15 reps

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