



DUMBBELL ONLY WORKOUT

Workout Summary: Dumbbell Only - Beginner & Intermediate

Workout Focus: Strength, Hypertrophy, Endurance

Program Length: 6-8 Weeks

Equipment Needed: Dumbbells, Flat Bench, Jump Rope

On rest days active recovery is recommended; light cardio (walking, swimming, rowing), mobility drills, stretching & foam rolling

WARM UP

CHOOSE ONE OF THE FOLLOWING
WARMUPS BEFORE EACH WORKOUT

General Warmup		
Exercise	Duration	Notes
Walk/Jog	10 Minutes	Light to Moderate Pace
Jump Rope	5 Minutes	Moderate Consistent Pace
Dynamic Mobility	5 Minutes	30 Second Rotations Body Weight Squats Lunges with Torso Rotation Arm Circles Knee Circles Shoulder Rolls

ROUTINE

DAY 1: UPPER BODY (CHEST, SHOULDERS, TRICEPS)

Exercise	Sets	Repetitions
Dumbbell Floor Press	4	8-12
Dumbbell Shoulder Press	4	8-12
Dumbbell Lateral Raise	4	12-15
Dumbbell Front Raise	4	12-15
Dumbbell Triceps Kickbacks	4	12-15
Dumbbell French Pres	4	12-15

FINISHER: PUSH-UP BURNOUT (AMRAP 3 SETS)

DAY 2: LOWER BODY (QUADS, HAMSTRINGS, GLUTES, CALVES)

Exercise	Sets	Repetitions
Dumbbell Goblet Squat	4	10-12
Dumbbell Romanian Deadlift	4	8-12
Dumbbell Step-Ups	4	10 (Each Leg)
Dumbbell Bulgarian Split Squats	4	10 (Each Leg)
Dumbbell Standing Calf Raises	4	15-20
Dumbbell Seated Calf Raises	4	15-20

FINISHER: BODY WEIGHT SQUAT HOLD (3 SETS, 30-60 SECOND HOLD)

DAY 3: REST

DAY 4: REST

DAY 5: UPPER BODY (BACK, BICEPS, CORE)

Exercise	Sets	Repetitions
Dumbbell Bent-Over Rows	4	8-12
Dumbbell Reverse Flys	4	12-15
Dumbbell Bicep Curls	4	10-12
Dumbbell Hammer Curls	4	10-12
Dumbbell Russian Twists	4	15 (Per Side)
Dumbbell Plank Rows (Renegade Rows)	4	10 (Each Side)

FINISHER: LEG RAISES OR BICYCLE CRUNCHES (3 SETS OF 20 REPETITIONS)

DAY 6: FULL BODY & CONDITIONING

Exercise	Sets	Repetitions
Dumbbell Thrusters	4	10-12
Dumbbell Deadlift to Upright Row	4	10-12
Dumbbell Swings	4	15-20
Dumbbell Burpees	4	10-12
Dumbbell Farmers Carry	3	30-40 Seconds
Dumbbell Jump Squats	4	12-15

FINISHER: JUMP ROPE OR HIGH-KNEE SPRINTS (3 SETS OF 30 SECONDS)

DAY 7: REST