

# DUMBBELL ONLY WORKOUT

## 5 DAY DUMBBELL WORKOUT PLAN

### 5 DAY WORKOUT

#### CHEST

- Push Ups: 3 sets x 10-20 reps
- Dumbbell Bench Press: 3 sets x 10-15 reps
- Incline Dumbbell Bench Press: 3 sets x 10-15 reps
- Decline Dumbbell Bench Press: 3 sets x 10-15 reps
- Standing Upward Chest Fly: 3 sets x 10-15 reps
- Dumbbell Chest Fly: 3 sets x 15 reps

#### BACK & ABS

- Pull-ups: 3 sets x 10 reps
- Dumbbell Deadlift: 4 sets x 6-8 reps (Heavyweight)
- Kroc Row: 3 sets x 10 reps (Heavyweight)
- Incline Dumbbell Lying Row: 3 sets x 10-15 reps
- Dumbbell Pullover: 3 sets x 10 reps
- One Hand Dumbbell Row: 2 sets x 10 reps & 1 AMRAP
- Ab Crunch: 3 sets x 15 reps
- Russian Twist: 3 sets x 10 reps
- Lying Leg Raise: 3 sets x 10 reps

#### ARMS

- Chin-ups: 3 sets x 10-15 reps
- Dumbbell Bicep Curl: 2 sets x 10 reps & 1 AMRAP
- Dumbbell Hammer Curl: 2 sets x 10 reps & 1 AMRAP
- Incline Bench Preacher Curl: 3 sets x 10-15 reps (Heavy Negatives)
- Seated Incline Dumbbell Bicep Curl: 3 sets x 15 reps (Lightweight)
- Single Arm Tricep Extensions: 2 sets x 10 reps & 1 AMRAP
- Overhead Dumbbell Tricep Extension: 2 sets x 10 reps & 1 AMRAP
- Dumbbell Skull Crushers: 3 sets x 10 reps
- Dumbbell Tricep Kickback: 3 AMRAP

#### LEGS

- Goblet Squat: 3 sets x 10 reps (Heavyweight)
- Dumbbell Sumo Squat: 3 sets x 10 reps (Heavyweight)
- Dumbbell Lunges: 3 sets x 15 reps
- Dumbbell Step-Ups: 3 sets x 15 reps
- Dumbbell Hip Thrust: 3 sets x 10-15 reps
- Dumbbell Calf Raises: 3 sets x 15 reps (Lightweight)

#### SHOULDERS & ABS

- Arnold Press: 3 sets x 10 reps (Heavyweight)
- Dumbbell Front Raises: 3 sets x 10 reps (Lightweight)
- Leaning Dumbbell Lateral Raises: 2 sets x 10 reps & 1 AMRAP (Lightweight)
- Dumbbell Rear Delt Raises: 3 sets x 10 reps (Lightweight)
- Dumbbell shrugs: 3 sets x 15 reps (Heavyweight)
- Lying Leg Raise with Hip Thrust: 3 sets x 10 reps
- V-Ups: 3 sets x 10 reps
- Leg Lower: 3 sets x 10 reps

# 3 DAY FULL BODY DUMBBELL WORKOUT PLAN

## 3 DAY WORKOUT

### WORKOUT A

- Pull ups: 3 sets x 10-20 reps
- Dumbbell Sumo Squat: 3 sets x 10 reps
- Dumbbell Bench Press: 3 sets x 10-15 reps
- Kroc Row: 3 sets x 10 reps
- Dumbbell Military Press: 3 sets x 10 reps
- Dumbbell Curl: 3 sets x 10 reps
- Single Arm Tricep Extensions: 3 sets x 10 reps
- Ab Crunch: 3 sets x 10-20 reps

### WORKOUT B

- Push Ups: 3 sets x 10-20 reps
- Dumbbell Deadlift: 4 sets x 6-8 reps
- Incline Dumbbell Bench Press: 3 sets x 10-15 reps
- Dumbbell Pullover: 3 sets x 10 reps
- Arnold Press: 3 sets x 10 reps
- Dumbbell Hammer Curl: 3 sets x 10 reps
- Overhead Dumbbell Tricep Extension: 3 sets x 10 reps
- Lying Leg Raises: 3 sets x 10-15 reps

### WORKOUT C

- Chin Ups: 3 sets x 10-20 reps
- Dumbbell Front Squat: 3 sets x 10 reps
- Decline Dumbbell Bench Press: 3 sets x 10-15 reps
- Incline Dumbbell Lying Row: 3 sets x 10 reps
- Dumbbell Push Press: 3 sets x 10 reps
- Dumbbell Zottman Curl: 3 sets x 10 reps
- Dumbbell Tricep Kickback: 3 sets x 10 reps
- V Ups: 3 sets x 10-15 reps