



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



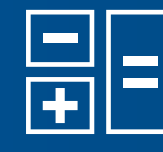
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## 4 DAY DUMBBELL AND BODYWEIGHT FAT LOSS WORKOUT

Stuck at home with only a single pair of light dumbbells? This 6-week program utilizes unilateral training and bodyweight exercises to help you achieve results!

Link to Workout: <https://www.muscleandstrength.com/workouts/single-pair-dumbbell-bodyweight-workout>

**Main Goal:** Lose Fat

**Training Level:** Beginner

**Program Duration:** 6 Weeks

**Days Per Week:** 4 Day

**Time Per Workout:** 30-60 Mins

**Equipment:** Bodyweight

**Target Gender:** Male & Female

**Author:** Roger "Rock" Lockridge

### Pull Day Workout

Exercise	Sets	Reps
<a href="#">One Arm Row</a>	5	30, 25, 20, 15, 10
<a href="#">Bent-Over Rear Lateral Raise</a>	3	30, 20, 10
<a href="#">One Arm Upright Row</a>	3	30, 20, 10
<a href="#">Seated Dumbbell Curl</a>	3	20, 20, 20
<a href="#">Hammer Curl</a>	3	20, 20, 20
<a href="#">Single Arm Dumbbell Shrug</a>	3	30, 30, 30

### Legs and Abs Workout

Exercise	Sets	Reps
<a href="#">Split Squat</a>	3	30, 20, 10
<a href="#">Single Stiff-Leg Deadlift</a>	3	30, 20, 10
<a href="#">Walking Lunge</a>	3	30, 20, 10
<a href="#">Seated Calf Raise</a>	3	30, 30, 30
<a href="#">Weighted Crunch</a>	3	20, 20, 20
<a href="#">Superman</a>	3	30 seconds

### Push Day Workout

Exercise	Sets	Reps
<a href="#">Floor Dumbbell Press</a>	5	30, 25, 20, 15, 10
<a href="#">Floor Dumbbell Fly</a>	3	30, 20, 10
<a href="#">Lateral Raise</a>	3	30, 20, 10
<a href="#">One Arm Overhead Extension</a>	3	20, 20, 20
<a href="#">One Arm Kickback</a>	3	20, 20, 20
<a href="#">Close Grip Push Up</a>	3	20, 20, 20

### Full-Body Workout

Perform as many reps as possible of the exercise during the working time.

Exercise	Sets	Working Time	Rest
<a href="#">Dumbbell Standing Calf Raise</a>	1	60 seconds	60 seconds
<a href="#">Stiff-Leg Deadlift</a>	1	30 seconds	30 seconds
<a href="#">Bodyweight Squat Jumps</a>	1	60 seconds	60 seconds
<a href="#">Lying Leg Raise</a>	1	30 seconds	30 seconds
<a href="#">Plank</a>	1	60 seconds	60 seconds
<a href="#">Dumbbell Pullover</a>	1	30 seconds	30 seconds
<a href="#">Push Up</a>	1	60 seconds	60 seconds
<a href="#">Arnold Press</a>	1	30 seconds	30 seconds
<a href="#">Dumbbell Curl</a>	1	60 seconds	60 seconds