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Workouts



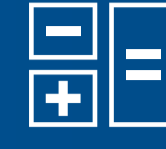
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DUMBBELL ONLY WORKOUT: 4 DAY UPPER/LOWER DUMBBELL WORKOUT

This dumbbell only upper/lower workout program only requires dumbbells and is perfect for those looking to build lean muscle mass at home or on the go!

Link to Workout: <https://www.muscleandstrength.com/workouts/dumbbell-only-upper-lower-workout-routine>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 12 Weeks

Days Per Week: 4 Days

Time Per Workout: 45-60 Mins

Equipment: Bodyweight, Dumbbells

Author: Josh England

Day 1: Dumbbell Upper Body Workout

Exercise	Sets	Reps
1. Bent Over Dumbbell Row	4	8 - 10
2. Dumbbell Bench Press	4	8 - 10
3. Dumbbell Lateral Raise	3	8 - 12
4. Dumbbell Pullover	3	8 - 12
5. Dumbbell Bicep Curl	2	8 - 12
6. Dumbbell Tricep Extension	2	8 - 12
7. Dumbbell Shrug	2	12 - 15

Day 2: Dumbbell Lower Body Workout

Exercise	Sets	Reps
1. Goblet Squat	4	8 - 10
2. Dumbbell Stiff Leg Deadlift	4	8 - 10
3. Dumbbell Plie Squat	3	8 - 12
4. Dumbbell Hamstring Curl	3	8 - 12
5. Standing Dumbbell Calf Raise	3	8 - 12
6. Plank	3	20 Secs

Day 3: Dumbbell Upper Body Workout

Exercise	Sets	Reps
1. One Arm Dumbbell Row	4	8 - 10
2. Dumbbell Shoulder Press	4	8 - 10
3. Incline Dumbbell Bench Press	3	8 - 12
4. Chest Supported Dumbbell Row	3	8 - 12
5. Dumbbell Hammer Curl	2	8 - 12
6. Dumbbell Floor Press	2	8 - 12
7. Seated Dumbbell Shrug	2	12 - 15

Day 4: Dumbbell Lower Body Workout

Exercise	Sets	Reps
1. Dumbbell Stiff Leg Deadlift	4	8 - 10
2. Dumbbell Rear Lunge	4	8 - 10
3. Dumbbell Hip Thrust	4	8 - 10
4. Dumbbell Split Squat	3	8 - 12
5. Seated Dumbbell Calf Raise	3	8 - 12
6. Planks	3	20 Secs