



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



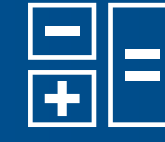
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4 DAY UPPER/LOWER WOMEN'S DUMBBELL ONLY WORKOUT

Limited equipment? Short on time? This women's 8-week workout is a versatile plan to improve the way you look and feel from your home or gym, in as little as 20 minutes.

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

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 4 Day

Time Per Workout: 20-60 Mins

Equipment: Dumbbells

Target Gender: Female

Author: Roger "Rock" Lockridge

Upper Body Workout

Exercise	Sets	Reps	Rest
Dumbbell Floor Press	3	12-15	60s
Dumbbell Floor Fly	3	12-15	60s
Dumbbell Row	3	12-15	60s
Dumbbell Pullover	3	12-15	60s
Lateral Raise	3	12-15	60s
Dumbbell Curl	3	15	60s
Lying Triceps Extension	3	15	60s

Lower Body and Abs/Core

Exercise	Sets	Reps	Rest
Walking Lunge	3	12-15 Each Leg	60s
Goblet Squat	3	12-15	60s
Stiff-Leg Deadlift	3	12-15	60s
Dumbbell Leg Curl	3	12-15	60s
Seated Dumbbell Calf Raise	3	15	60s
Standing Calf Raise	3	15 Each Leg	60s
Weighted Crunch	3	15	60s
Weighted Knee-Ins	3	15	60s

Fat Loss Circuit - Upper Body

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Rest 2 minutes between each round. Repeat 2-3 times.

Exercise	Reps
Dumbbell Floor Press	12-15
Dumbbell Floor Fly	12-15
Dumbbell Row	12-15
Dumbbell Pullover	12-15
Lateral Raise	12-15
Dumbbell Curl	15
Lying Triceps Extension	15

Fat Loss Circuit - Lower Body

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Rest 2 minutes between each round. Repeat 2-3 times.

Exercise	Reps
Walking Lunge	12-15 Each Leg
Goblet Squat	12-15
Stiff-Leg Deadlift	12-15
Dumbbell Leg Curl	12-15
Seated Dumbbell Calf Raise	15
Standing Calf Raise	15 Each Leg
Weighted Crunch	15
Weighted Knee-Ins	15

Mini-Circuits

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Rest for no more than 90 seconds between each round. Repeat at most 3 times.

Exercise	Reps
Dumbbell Floor Press	20
Dumbbell Row	20
Goblet Squat	20
Stiff-Legged Deadlift	20
Weighted Crunch	20