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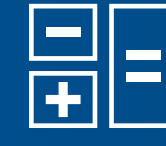
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## DUMBBELL ONLY WORKOUT: 6 DAY DUMBBELL WORKOUT SPLIT

This 6 day dumbbell only 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/6-day-dumbbell-only-workout>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 12 Weeks

**Days Per Week:** 6 Days

**Time Per Workout:** 45 - 70 Mins

**Equipment:** Dumbbells

**Target Gender:** Male & Female

**Author:** Josh England

### Day 1: Push Dumbbell Workout A

Exercise	Sets	Reps
<a href="#">Dumbbell Bench Press</a>	5	8 - 12
<a href="#">Decline Dumbbell Bench Press</a>	3	8 - 12
<a href="#">Dumbbell Floor Press</a>	3	8 - 12
<a href="#">Seated Dumbbell Press</a>	4	8 - 12
<a href="#">Dumbbell Lateral Raise</a>	3	8 - 12
<a href="#">Dumbbell Tricep Overhead Extension</a>	3	8 - 12

### Day 2: Pull Dumbbell Workout A

Exercise	Sets	Reps
<a href="#">Dumbbell Bent Over Row</a>	4	8 - 12
<a href="#">Chest Supported Dumbbell Row</a>	4	8 - 12
<a href="#">Dumbbell Pull Over</a>	3	10 - 15
<a href="#">Rear Delt Fly</a>	3	10 - 15
<a href="#">Dumbbell Bicep Curl</a>	3	12 - 15
<a href="#">Zottman Curl</a>	3	12 - 15

### Day 3: Leg Dumbbell Workout A

Exercise	Sets	Reps
<a href="#">Dumbbell Squat</a>	4	8 - 12
<a href="#">Dumbbell Stiff Leg Deadlift</a>	4	8 - 12
<a href="#">Dumbbell Goblet Squat</a>	4	8 - 12
Dumbbell Hip Thrust	4	8 - 12
<a href="#">Dumbbell Calf Raise</a>	4	15 - 20

### Day 4: Push Dumbbell Workout B

Exercise	Sets	Reps
<a href="#">Dumbbell Incline Bench Press</a>	5	8 - 12
<a href="#">Dumbbell Chest Fly</a>	3	8 - 12
<a href="#">Standing Dumbbell Press</a>	4	8 - 12
<a href="#">Arnold Press</a>	3	8 - 12
<a href="#">Lateral Raise</a>	3	8 - 12
<a href="#">Dumbbell Skullcrusher</a>	3	8 - 12

### Day 5: Pull Dumbbell Workout B

Exercise	Sets	Reps
<a href="#">One Arm Dumbbell Row</a>	5	8 - 12
Reverse Grip Dumbbell Row	4	8 - 12
<a href="#">Dumbbell Pullover</a>	4	8 - 12
<a href="#">Dumbbell Hammer Curl</a>	3	10 - 15
<a href="#">Reverse Curl</a>	3	10 - 15

### Day 6: Leg Dumbbell Workout B

Exercise	Sets	Reps
<a href="#">Dumbbell Deadlift</a>	4	8 - 12
<a href="#">Dumbbell Split Squat</a>	4	8 - 12 Each
<a href="#">Dumbbell Goblet Squat</a>	3	8 - 12
Dumbbell Hip Thrust	3	10 - 15
<a href="#">Dumbbell Calf Raise</a>	4	20