



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



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Workouts



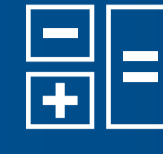
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## FRANKOMAN'S DUMBBELL ONLY SPLIT

A dumbbell only workout for home or the gym that will pack on muscle mass. This routine was designed by Frankoman from team Muscle & Strength.

Link to Workout: <https://www.muscleanstrength.com/workouts/frankoman-dumbbell-only-split.html>

**Main Goal:** Build Muscle

**Training Level:** Beginner

**Program Duration:** 10 Weeks

**Days Per Week:** 3 Days

**Time Per Workout:** 45 Mins

**Equipment:** Dumbbells

**Author:** Team Muscle & Strength

### Monday - Chest & Triceps

Exercise	Sets	Reps
<b>Chest</b>		
<a href="#">Incline Dumbbell Bench Press</a>	4	12, 10, 10, 8
<a href="#">Dumbbell Bench Press</a>	4	12, 10, 10, 8
<a href="#">Dumbbell Flys</a>	3	12
<b>Triceps</b>		
<a href="#">Dumbbell Skullcrusher</a>	3	12
<a href="#">Dumbbell Tricep Kickback</a>	3	12
<a href="#">One Arm Seated Dumbbell Extension</a>	3	12

### Wednesday - Back & Biceps

Exercise	Sets	Reps
<b>Back</b>		
<a href="#">One Arm Dumbbell Row</a>	5	12, 10, 10, 8, 6
<a href="#">Bent Over Dumbbell Row</a>	5	12, 10, 10, 8, 6
<a href="#">Dumbbell Pullover</a>	2	12, 10
<b>Biceps</b>		
<a href="#">Incline Dumbbell Curl</a>	3	10
<a href="#">Standing Dumbbell Curl</a>	3	10
<a href="#">Cross Body Hammer Curl</a>	2	10

### Friday - Legs & Shoulders

Exercise	Sets	Reps
<b>Quads</b>		
<a href="#">Dumbbell Lunge</a>	4	12, 10, 10, 8
<a href="#">Dumbbell Step Up</a>	3	12
<a href="#">Dumbbell Squat</a>	4	12, 10, 10, 8
<b>Hamstrings</b>		
<a href="#">Dumbbell Stiff Leg Deadlift</a>	4	12, 10, 10, 8
<b>Calves</b>		
<a href="#">Seated Dumbbell Calf Raise</a>	2	15, 12
<a href="#">Dumbbell Standing Calf Raise</a>	2	12, 10
<b>Shoulders</b>		
<a href="#">Standing Dumbbell Press</a>	4	12, 10, 10, 8
<a href="#">Dumbbell Lateral Raise</a>	3	12, 10, 10
<a href="#">Bent Over Dumbbell Reverse Fly</a>	3	12, 10, 10
<a href="#">Dumbbell Shrug</a>	4	12, 10, 10, 8