



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



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## MAKE KILLER GAINS WITH DUMBBELL & BARBELL SUPERSETS

Limited equipment doesn't mean limited gains. Grab some dumbbells and a barbell and get ready to destroy these intense DumbBar supersets.

Link to Workout: <https://www.muscleandstrength.com/workouts/dumbbar-supersets>

**Main Goal:** Build Muscle

**Training Level:** Beginner

**Program Duration:** 8 Weeks

**Days Per Week:** 6 Day

**Time Per Workout:** 20-30 Mins

**Equipment:** Barbell, Dumbbells

**Target Gender:** Male & Female

**Author:** Roger "Rock" Lockridge

### Day 1: Chest

Exercise	Sets	Reps
<a href="#">A1. Incline Dumbbell Fly</a>	3	8 - 10
<a href="#">A2. Incline Barbell Bench Press</a>	3	8 - 10
<a href="#">B1. Flat Dumbbell Fly</a>	3	10 - 12
<a href="#">B2. Flat Barbell Bench Press</a>	3	10 - 12
<a href="#">C1. Decline Dumbbell Fly</a>	3	10 - 12
<a href="#">C2. Decline Barbell Bench Press</a>	3	10 - 12

### Day 2: Superhero Shoulders

Exercise	Sets	Reps
<a href="#">A1. Front Dumbbell Raise</a>	3	10
<a href="#">A2. Standing Overhead Barbell Press</a>	3	10
<a href="#">B1. Seated Lateral Raise</a>	3	10
<a href="#">B2. Close Grip Upright Row (hands 4-6" apart)</a>	3	10
<a href="#">C1. Bent Over Rear Lateral Raise</a>	3	10
<a href="#">C2. Wide Grip Upright Row (hands wider than shoulder width)</a>	3	10

### Day 3: Awesome Arms

Exercise	Sets	Reps
<a href="#">A1. Incline Dumbbell Curl</a>	4	8 - 10
<a href="#">A2. Barbell Curl</a>	4	8 - 10
<a href="#">B1. Lying Dumbbell Triceps Extension</a>	4	8 - 10
<a href="#">B2. Close Grip Barbell Bench Press</a>	4	8 - 10
<a href="#">C1. Hammer Curl</a>	4	8 - 10
<a href="#">C2. Reverse Barbell Curl</a>	4	8 - 10

### Day 4: Barn Door Back

Exercise	Sets	Reps
<a href="#">A1. Two Arm Dumbbell Row</a>	3 - 4	12 - 15
<a href="#">A2. Deadlift</a>	3 - 4	12 - 15
<a href="#">B1. Dumbbell Shrugs</a>	3 - 4	12 - 15
<a href="#">B2. T-Bar Row</a>	3 - 4	12 - 15
<a href="#">C1. Incline Dumbbell Row</a>	3 - 4	12 - 15
<a href="#">C2. Barbell Pullover</a>	3 - 4	12 - 15

### Day 5: Leg Day

Exercise	Sets	Reps
<a href="#">A1. Dumbbell Jump Squat</a>	3	15 - 20
<a href="#">A2. Barbell Front Squat</a>	3	15 - 20
<a href="#">B1. Platform Lunge with Dumbbells</a>	3	15 - 20
<a href="#">B2. Stiff Legged Deadlift</a>	3	15 - 20
<a href="#">C1. Seated Dumbbell Calf Raise</a>	3	15 - 20
<a href="#">C2. Standing Barbell Calf Raise</a>	3	15 - 20

### Day 6: Awesome Abs

Exercise	Sets	Reps
<a href="#">A1. Dumbbell Side Bend</a>	3	15
<a href="#">A2. Decline Barbell Sit Up</a>	3	15
<a href="#">B1. Dumbbell Hanging Knee Raise</a>	3	15
<a href="#">B2. Barbell Ab Rollout</a>	3	15

# AN ALTERNATIVE DUMBBAR SUPERSETS WORKOUT PROGRAM

## Day 1: Chest and Back

Exercise	Sets	Reps
<a href="#">A1. Incline Dumbbell Press</a>	3	10 - 12
<a href="#">A2. Deadlift</a>	3	10 - 12
<a href="#">B1. Two Arm Dumbbell Row</a>	3	10 - 12
<a href="#">B2. Decline Barbell Bench Press</a>	3	10 - 12
<a href="#">C1. Flat Dumbbell Fly</a>	3	10 - 12
<a href="#">C2. Bent Over Barbell Row</a>	3	10 - 12

## Day 2: Quadriceps and Hamstrings

Exercise	Sets	Reps
<a href="#">A1. Dumbbell Stiff Legged Deadlift</a>	3	15
<a href="#">A2. Barbell Squat</a>	3	15
<a href="#">B1. Walking Dumbbell Lunge</a>	3	15
<a href="#">B2. Good Mornings</a>	3	15

## Day 3: Calves and Abs

Exercise	Sets	Reps
<a href="#">A1. Seated Dumbbell Calf Raise</a>	3	20
<a href="#">A2. Barbell Rollout</a>	3	20
<a href="#">B1. Dumbbell Side Bends</a>	3	20
<a href="#">B2. Standing Barbell Calf Raise</a>	3	20

## Day 4: Biceps and Triceps

Exercise	Sets	Reps
<a href="#">A1. Alternate Dumbbell Curl</a>	2 - 3	8 - 10
<a href="#">A2. Lying Barbell Tricep Extension</a>	2 - 3	8 - 10
<a href="#">B1. Close Grip Dumbbell Press</a>	2 - 3	8 - 10
<a href="#">B2. Barbell Curl</a>	2 - 3	8 - 10

## Day 5: Shoulders

Exercise	Sets	Reps
<a href="#">A1. Seated Arnold Press</a>	2 - 3	10
<a href="#">A2. Wide Grip Upright Row</a>	2 - 3	10
<a href="#">B1. Rear Lateral Raise</a>	2 - 3	10
<a href="#">B2. Front Barbell Raise</a>	2 - 3	10