

12 WEEK DUMBBELL WORKOUT PLAN TO BUILD MUSCLE AT HOME

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Finding a comprehensive dumbbell workout program is challenging because most programs offer only a weekly routine with a maximum of six days of workouts.

That's why I've decided to craft an ultimate 12-week dumbbell workout plan that perfectly outlines the exercises, number of sets and reps, and rest periods that will help you train in an organized way.

This program includes different workout splits, such as push-pull-leg (PPL), upper/lower split, full-body, and Bro split.

The [push/pull/leg split](#) includes training the chest, triceps, and shoulder on your [push day](#), the Back, biceps, and forearm on your [pull day](#), and the lower body on your leg day.

The upper/Lower split means training the upper body on day 1, followed by the lower body on day 2. The **muscle group (Bro) split** means training one muscle group at a time.

Combining different splits builds strength, endurance, and lean mass while motivating you.

If you're looking for a detailed, easy-to-follow, and effective dumbbell exercise program to build strength, endurance, and muscle mass at home, I recommend starting this one.

PROGRAM SUMMARY

Weeks – 1, 5, 9	Push/Pull/leg-core
Weeks – 2, 6, 10	Upper/Lower split
Weeks – 3, 7, 11	Full Body
Weeks – 4, 8, 12	Muscle Group Split
Total Training Period	12 Weeks
Experienced Require	Beginner to Intermediate
Equipment Require	Dumbbells and a flexible bench
Training Goal	Strength and Muscle Building
Duration of each session	45 to 60 minutes

WORKOUT INSTRUCTIONS

- **Who can follow this program:** This program is suitable for all fitness enthusiasts, from male and female to beginners and intermediates.
- **Rest between sets:** The optimum rest between sets is 1 to 2 minutes. Take shorter rest during unilateral exercises, such as the one-arm dumbbell row, side bend, and single-arm overhead triceps extension.
- **Load:** You can lift as many heavy dumbbells as you like as long as you perform the suggested sets and reps in the correct form.
- **Warm-up exercises:** It's good to warm up for at least five minutes before doing the main exercises. Warm-ups help increase blood flow and performance and minimize the risk of injuries. To get your heart pumped, you can do numerous aerobic exercises, such as jumping jacks, burpees, high knees, squat jumps, and mountain climbing.

12 WEEK DUMBBELL WORKOUT PLAN TO BUILD MUSCLE AT HOME

This program involves following a **PPL split in the first week**, an **upper/lower split in the second week**, a **full-body workout in the third week**, and a **muscle-group split in the fourth week**, which is then repeated over 12 weeks.

12-week schedule overview:

- Week 1 – Push/Pull/Leg (PPL)
- Week 2 – Upper/Lower Split
- Week 3 – Full Body Dumbbell Workout
- Week 4 – Muscle Group Split (Bro Split)
- Week 5 – Push, Pull, and Leg (PPL)
- Week 6 – Body Part Split
- Week 7 – Total Body Workout
- Week 8 – Muscle Group Split
- Week 9 – Push, Pull, and Leg (PPL)
- Week 10 – Upper/Lower Split
- Week 11 – Full Body Workout
- Week 12 – Bro Split

WEEK 1 – PUSH/PULL/LEG (PPL)

MONDAY – PUSH WORKOUT

Push Workout	Muscles	Reps	Rest
Flat Bench Press	Chest	12 x 3	2-min
Incline Bench Press	Chest	10 x 3	2-min
Overhead DB Press	Shoulder	12 x 3	2-min
DB Lateral Raises	Shoulder	10 x 3	1-min
Rear Delt Fly	Shoulder	10 x 3	1-min
Overhead Triceps Extension	Triceps	10 x 3	1-min

WEDNESDAY – PULL WORKOUT

Exercise	Muscles	Reps	Rest
Bent-Over Row	Back	12 x 3	2-min
One-Arm DB Rowing	Back	10 x 3	90-sec
Dumbbell Face Pull	Back	10 x 3	90-sec
Alternate Bicep curl	Bicep	10 x 3	90-sec
Alternate Hammer Curl	Bicep	10 x 3	90-sec
Palms-up Wrist Curl	Forearm	10 x 3	1-min

FRIDAY – LEG AND CORE

Exercise	Muscles	Reps	Rest
Dumbbell Squat	Quad	12 x 3	2-min
Leg Extension	Quad	10 x 3	90-sec
Lying DB Leg Curl	Hamstring	10 x 3	2-min
Glute Bridge	Glute	10 x 2	90-sec
Dumbbell Calf Raises	Calves	10 x 3	90-sec
Straight Arm Crunches	Core	10 x 2	30-sec
Russian Twist	Core	10 x 2	30-sec
Side Plank	Core	10 x 2	30-sec

WEEK 2 – UPPER/LOWER SPLIT

MONDAY – UPPER BODY WORKOUT

Exercises	Muscles	Reps	Rest
Flat DB Bench Press	Chest	12 x 3	2-min
Incline DB Bench Press	Chest	10 x 3	2-min
Dumbbell Pullover	Chest	10 x 2	90-sec
Dumbbell Arnold Press	Front Delt	10 x 3	2-min
Dumbbell Lateral Raise	Side Delt	10 x 3	90-sec
Seated Rear Delt Fly	Rear Delt	10 x 3	90-sec
One-arm Triceps Extension	Triceps	10 x 2	90-sec

TUESDAY – LOWER BODY WORKOUT

Exercises	Muscles	Reps	Rest
Front Lunges	Quads	10 x 3	2-min
Dumbbell Squat	Quads	12 x 4	2-min
Romanian Deadlift	Hamstring	10 x 3	2-min
Prone Lying Leg Curl	Hamstrings	10 x 3	90-sec
Glute Bridge	Glute	10 x 2	90-sec
Calf Raises	Calves	10 x 3	90-sec

THURSDAY- UPPER BODY WORKOUT

Exercises	Muscles	Reps	Sets
Dumbbell Bent-Over Row	Back	12 x 3	2-min
One-arm Dumbbell Row	Back	10 x 3	1-min
Dumbbell Seal Row	Back	10 x 3	1-min
Alternate Dumbbell Curl	Biceps	10 x 3	1-min
Incline Dumbbell Curl	Biceps	10 x 3	2-min
Standing Side Bend	Oblique	10 x 2	30-sec
Dumbbell Side Plank	Oblique	30-sec/Side	30-sec

FRIDAY – LOWER BODY WORKOUT

Exercises	Muscles Worked	Reps	Rest
Dumbbell Deadlift	Lower Body	8 x 3	2-min
Dumbbell Sumo Squat	Quad	12 x 3	2-min
Dumbbell Step-up	Lower Body	10 x 3	1-min
Lying Leg Curl	Hamstring	10 x 3	1-min
Dumbbell Hip Thrust	Glutes	10 x 3	1-min
Superman Row	Lower Back	10 x 2	1-min
Dumbbell Calf Raises	Calves	10 x 3	1-min

WEEK 3 – FULL BODY DUMBBELL WORKOUT

DAY 1 – MONDAY

Exercise	Muscles	Reps	Reps
Dumbbell Squat	Quad	12 x 3	2-min
Flat Dumbbell Bench Press	Chest	12 x 3	2-min
Dumbbell Overhead Press	Shoulder	12 x 3	2-min
Dumbbell Lateral Raises	Shoulder	10 x 3	90-sec
Dumbbell French Press	Triceps	10 x 3	90-sec
Dumbbell Leg Curl	Hamstring	10 x 3	90-sec
Dumbbell Side Bend	Oblique	10 x 2	30-sec

DAY 2 – TUESDAY

Exercise	Muscles	Reps	Rest
Dumbbell Deadlift	Full Body	8 x 3	2-min
Incline DB I-Y-T Raises	Back, Shoulder	8 x 3	2-min
DB Bent-Over Row	Back	10 x 3	90-sec
Dumbbell Pullover	Chest, Lats	10 x 3	90-sec

Biceps Curl	Biceps	10 x 3	90-sec
Hammer curl	Biceps	10 x 3	90-sec
Glute Bridge	Glute	10 x 2	60-sec

DAY 3 – THURSDAY

Exercises	Muscles	Reps	Rest
Dumbbell Front Lunges	Legs	10 x 2	90-sec
Incline DB Bench press	Chest	12 x 3	90-sec
Dumbbell Front Raise	Shoulder	10 x 3	90-sec
One-arm Triceps Extension	Triceps	10 x 3	90-sec
One-arm Dumbbell Rowing	Back	10 x 3	60-sec
Concentration Curl	Biceps	10 x 3	90-sec

DAY 4 – SATURDAY

Exercises	Muscles	Reps	Sets
Dumbbell Squat	Legs	12 x 3	2-min
Seated DB IYT Raise	Shoulder	8 x 3	2-min
DB Bent-Over Row	Back	10 x 3	90-sec
Dumbbell RDL	Hams	10 x 3	90-sec
DB Calves Raises	Calves	10 x 3	60-sec
Dumbbell Crunches	Abs	10 x 2	60-sec
Dumbbell Side Plank	Oblique	10 x 3	60-sec

WEEK 4 – MUSCLE GROUP SPLIT (BRO SPLIT)

- Monday – Chest
- Tuesday – Back
- Wednesday – Legs
- Thursday – Shoulders
- Friday – Arms
- Saturday – Core
- Sunday – OFF

MONDAY – CHEST

Exercises	Reps	Rest
Flat Dumbbell Bench Press	12 x 4	2-min
Incline Dumbbell Bench Press	10 x 3	2-min
Dumbbell Fly	10 x 3	90-sec
Dumbbell Upward Fly	10 x 3	90-sec
Dumbbell Pullover	10 x 3	90-sec

TUESDAY – BACK

Exercises	Reps	Rest
Dumbbell I-Y-T Raises	8 x 3	2-min

Dumbbell Bent-Over Row	12 x 3	90-sec
One-Arm Dumbbell Rowing	10 x 3	1-min
Decline Dumbbell Pullover	10 x 3	90-sec
Dumbbell Seal Row	10 x 3	90-sec
Dumbbell Superman	8 x 3	1-min

WEDNESDAY – LEGS

Exercises	Reps	Rest
Dumbbell Lunges	10 x 3	1-min
Dumbbell Front Squat	12 x 3	1-min
Dumbbell Step-up	10 x 3	1-min
Dumbbell RDL	10 x 3	1-min
Dumbbell Leg Curl	10 x 3	1-min
Dumbbell Hip Thrust	10 x 2	1-min
Dumbbell Calf Raises	10 x 3	1-min

THURSDAY – SHOULDERS

Exercises	Reps	Rest
Dumbbell Arnold Press	12 x 3	2-min
Alternate Front Raise	10 x 3	2-min
Dumbbell Lateral Raise	10 x 4	2-min
Bent-over Rear Delt Fly	10 x 3	1-min
Dumbbell Face Pull	10 x 3	1-min
Dumbbell Shrug	10 x 3	1-min

FRIDAY – ARMS

Exercises	Reps	Rest
Crush Grip Pushup	10 x 3	2-min
Incline DB French Press	10 x 3	90-sec

One-arm Triceps extension	10 x 3	1-min
Triceps Kickback	10 x 2	1-min
Alternate Biceps Curl	10 x 3	90-sec
Incline Dumbbell Curl	10 x 3	90-sec
Alternate Hammer Curl	10 x 3	60-sec
Concentration Curl	10 x 3	90-sec

SATURDAY – CORE

Exercise	Reps	Rest
Dumbbell Crunches	10 x 3	30-sec
DB Side Bend	10 x 3	30-sec
Dumbbell Leg Raises	10 x 3	30-sec
Russian Twist	10 x 3	30-sec
Dumbbell Side Plank	10 x 3	30-sec
Dumbbell Hollow Body	10 x 3	30-sec

WEEK 5 – PUSH, PULL, AND LEG (PPL)

PUSH DAY – CHEST, SHOULDER, TRICEPS

- **Incline Bench Press:** 4 sets x 12-15 reps
- **Bridge Press:** 3 sets x 10-12 reps
- **Dumbbell Fly:** 3 sets x 10-12 reps
- **Arnold Press:** 3 sets x 8-10 reps
- **Lateral Raises:** 4 sets x 10-12 reps
- **Incline French Press:** 3 sets x 10-12 reps

PULL DAY – BACK, BICEPS, AND FOREARMS

- **Bent-over Dumbbell Row:** 4 sets x 12–15 reps
- **Single-arm DB Row:** 3 sets x 10 reps on each side
- **Dumbbell Pullover:** 3 sets x 10–12 reps
- **Chest-Supported Dumbbell Row:** 3 sets x 12–15 reps
- **Incline Dumbbell Curl:** 3 sets x 10–12 reps
- **Hammer Curl:** 3 sets x 10–12 reps

LEG DAY – THIGH, GLUTES, AND CALVES

- **Goblet Squat:** 3 sets x 15–20 reps
- **Reverse Lunges:** 3 sets x 6–8 reps per leg
- **Archer Squats:** 3 sets x 6–8 reps per leg
- **Lying Leg Curl:** 3 sets x 15–20 reps
- **Frog Pump:** 3 sets x 12–15 reps
- **Single-leg Calf Raises:** 3 sets x 15–20 reps per leg

CORE DAY (OPTIONAL) – ABS AND OBLIQUE

- 20 Standing Oblique Chops (10 reps on each side)
- 10 Dumbbell Sit-ups
- 10 Reverse Crunches
- 12 Russian Twist (6 reps per side)

- Perform three to five rounds.

WEEK 6 – UPPER/LOWER SPLIT

UPPER BODY A – CHEST AND BACK

- **Incline Bench Press:** 4 sets x 12 reps
- **Flat Dumbbell Fly:** 3 sets x 10 reps
- **Deficit Push-ups:** 3 sets x 10 reps
- **Dumbbell Pullover:** 3 sets x 12-15 reps
- **Bent-over Row:** 3 sets x 12-15 reps
- **Single-arm Row:** 3 sets x 10 reps on each side
- **Superman Row:** 3 sets x 8-12 reps

LOWER BODY A – THIGH AND CALVES

- **Goblet Squat:** 3 sets x 15-20 reps
- **Front Lunges:** 3 sets x 6-8 reps per leg
- **Step-up:** 3 sets x 6-8 reps per leg
- **Romanian Deadlift:** 3 sets x 8-12 reps
- **Lying Leg Curl:** 3 sets x 15-20 reps
- **Seated Dumbbell Calf Raises:** 3 sets x 20-25 reps

UPPER BODY B – SHOULDER, ARMS, AND CORE

- **Overhead Press:** 3 sets x 15 reps
- **Lateral Raises:** 3 sets x 12 reps
- **Rear Delt Fly:** 3 sets x 12 reps
- **Overhead Triceps Extension:** 3 sets x 12 reps
- **Triceps Kickback:** 3 sets x 10 reps
- **Alternating Dumbbell Curl:** 3 sets x 15 reps
- **Dumbbell Reverse Crunches:** 4 sets x 15 reps

LOWER BODY B – THIGH AND GLUTES

- **Front Squat:** 3 sets x 15-20 reps
- **Curtsy Lunges:** 3 sets x 6-8 reps per leg
- **Bulgarian Split Squat:** 3 sets x 6-8 reps per leg
- **Lying Leg Curl:** 3 sets x 15-20 reps
- **Frog Pump:** 3 sets x 12-15 reps
- **Glute Kickback:** 3 sets x 8-10 reps per side

WEEK 7 – FULL BODY WORKOUT

MONDAY

- **20 Dumbbell Swings** (10 reps per arm)
- **10 Push Presses**
- **10 Squat Jacks**
- **20 Single-arm Gorilla Rows** (10 reps per side)
- **20 Half-Kneeling Low to High Chop** (10 reps on each side)
- **20 Plank Drags** (10 reps per side)
- Perform three to five rounds for time.

TUESDAY

- **10 Dumbbell Surrenders**
- **10 Renegade Rows** (5 reps per side)
- **10 Dumbbell Thrusters**
- **10 Bridge Press**
- **10 Lateral Raises**
- **10 Reverse Crunches**
- Perform three to five rounds for time.

THURSDAY

- **10 Front Squats**
- **20 Incline Plank Rowing**
- **10 Reverse Flies**
- **10 Superman Row**
- **10 Glute Thrust**
- **10 Sit-ups**
- Perform three to five rounds for time.

SATURDAY

- 10 Dumbbell Deadlifts
- 10 Seated IYT Raises
- 10 Lying Leg Curls
- 10 [Dumbbell Clusters](#)
- 20 Russian Twists (10 reps per side)
- Perform three to five rounds for time.

WEEK 8 – MUSCLE GROUP SPLIT

DAY 1 – CHEST

- **Incline Bench Press:** 4 sets x 15 reps
- **Incline Dumbbell Fly:** 3 sets x 15 reps
- **Flat Bench Press:** 3 sets x 10 reps
- **Deficit Push-up:** 3 sets x 10 reps
- **Dumbbell Pullover:** 3 sets x 10 reps

DAY 2 – BACK

- **Bent-over Row:** 4 sets x 15 reps
- **Single-arm Row:** 3 sets x 10 reps on each side
- **Chest Supported Row:** 4 sets x 10-12 reps
- **Superman Row:** 4 sets x 8-12 reps

DAY 3 – LEG

- **Goblet Squat:** 3 sets x 15-20 reps
- **Front Lunges:** 3 sets x 6-8 reps per leg
- **Step-up:** 3 sets x 6-8 reps per leg
- **Romanian Deadlift:** 3 sets x 8-12 reps

- **Lying Leg Curl:** 3 sets x 15-20 reps
- **Single-leg Calf Raises:** 3 sets x 10 reps per side

DAY 4 – SHOULDER

- Overhead Press: 3 sets x 15 reps
- Lateral Delt Raises: 3 sets x 12 reps
- Rear Delt Raises: 3 sets x 12 reps
- Upright Rows: 3 sets x 10 reps
- Shoulder Shrug: 3 sets x 15 reps

DAY 5 – ARMS (SUPERSET)

- **Overhead Triceps Extension + Alternating Curl:** 3 sets x 12-15 reps
- **Incline French Press + Incline Dumbbell Curl:** 3 sets x 12-15 reps
- **Dumbbell Tate Press + Spider Curl:** 3 sets x 12-15 reps
- **Triceps Kickback + Hammer Curl:** 3 sets x 12-15 reps

DAY 6 – ABS

- **Mountain Climber:** 15-second x 3 times
- **Plank Drag:** 3 sets x 10 reps per side
- **Reverse Crunches:** 3 sets x 15 reps

- **Half Kneeling High to Low Chop:** 3 sets x 10 reps on each side
- **Sit-ups:** 3 sets x 10 reps

WEEK 9 – PUSH, PULL, AND LEG (PPL)

PUSH DAY – CHEST, SHOULDER, TRICEPS

- **Incline Bench Press:** 4 sets x 12-15 reps
- **Bridge Press:** 3 sets x 10-12 reps
- **Dumbbell Fly:** 3 sets x 10-12 reps
- **Arnold Press:** 3 sets x 8-10 reps
- **Lateral Raises:** 4 sets x 10-12 reps
- **Incline French Press:** 3 sets x 10-12 reps

PULL DAY – BACK, BICEPS, AND FOREARMS

- **Bent-over Dumbbell Row:** 4 sets x 12-15 reps
- **Single-arm DB Row:** 3 sets x 10 reps on each side
- **Dumbbell Pullover:** 3 sets x 10-12 reps
- **Chest-Supported Dumbbell Row:** 3 sets x 12-15 reps
- **Incline Dumbbell Curl:** 3 sets x 10-12 reps
- **Hammer Curl:** 3 sets x 10-12 reps

LEG DAY – THIGH, GLUTES, AND CALVES

- **Goblet Squat:** 3 sets x 15-20 reps
- **Reverse Lunges:** 3 sets x 6-8 reps per leg
- **Archer Squats:** 3 sets x 6-8 reps per leg
- **Lying Leg Curl:** 3 sets x 15-20 reps
- **Frog Pump:** 3 sets x 12-15 reps
- **Single-leg Calf Raises:** 3 sets x 15-20 reps per leg

CORE DAY (OPTIONAL) – ABS AND OBLIQUE

- 20 Standing Oblique Chops (10 reps on each side)
- 10 Dumbbell Sit-ups
- 10 Reverse Crunches
- 12 Russian Twist (6 reps per side)
- Perform three to five rounds.

WEEK 10 – UPPER/LOWER SPLIT

UPPER BODY A – CHEST AND BACK

- **Incline Bench Press:** 4 sets x 12 reps
- **Flat Dumbbell Fly:** 3 sets x 10 reps

- **Deficit Push-ups:** 3 sets x 10 reps
- **Dumbbell Pullover:** 3 sets x 12-15 reps
- **Bent-over Row:** 3 sets x 12-15 reps
- **Single-arm Row:** 3 sets x 10 reps on each side
- **Superman Row:** 3 sets x 8-12 reps

LOWER BODY A – THIGH AND CALVES

- **Goblet Squat:** 3 sets x 15-20 reps
- **Front Lunges:** 3 sets x 6-8 reps per leg
- **Step-up:** 3 sets x 6-8 reps per leg
- **Romanian Deadlift:** 3 sets x 8-12 reps
- **Lying Leg Curl:** 3 sets x 15-20 reps
- **Seated Dumbbell Calf Raises:** 3 sets x 20-25 reps

UPPER BODY B – SHOULDER, ARMS, AND CORE

- **Overhead Press:** 3 sets x 15 reps
- **Lateral Raises:** 3 sets x 12 reps
- **Rear Delt Fly:** 3 sets x 12 reps
- **Overhead Triceps Extension:** 3 sets x 12 reps
- **Triceps Kickback:** 3 sets x 10 reps
- **Alternating Dumbbell Curl:** 3 sets x 15 reps
- **Dumbbell Reverse Crunches:** 4 sets x 15 reps

LOWER BODY B – THIGH AND GLUTES

- **Front Squat:** 3 sets x 15-20 reps
- **Curtsy Lunges:** 3 sets x 6-8 reps per leg
- **Bulgarian Split Squat:** 3 sets x 6-8 reps per leg
- **Lying Leg Curl:** 3 sets x 15-20 reps
- **Frog Pump:** 3 sets x 12-15 reps
- **Glute Kickback:** 3 sets x 8-10 reps per side

WEEK 11 – FULL BODY WORKOUT

MONDAY

- **20 Dumbbell Swings** (10 reps per arm)
- **10 Push Presses**
- **10 Squat Jacks**
- **20 Single-arm Gorilla Rows** (10 reps per side)
- **20 Half-Kneeling Low to High Chop** (10 reps on each side)
- **20 Plank Drags** (10 reps per side)
- Perform three to five rounds for time.

TUESDAY

- **10 Dumbbell Surrenders**

- **10 Renegade Rows** (5 reps per side)
- **10 Dumbbell Thrusters**
- **10 Bridge Press**
- **10 Lateral Raises**
- **10 Reverse Crunches**
- Perform three to five rounds for time.

THURSDAY

- **10 Front Squats**
- **20 Incline Plank Rowing**
- **10 Reverse Flies**
- **10 Superman Row**
- **10 Glute Thrust**
- **10 Sit-ups**
- Perform three to five rounds for time.

SATURDAY

- 10 Dumbbell Deadlifts
- 10 Seated IYT Raises
- 10 Lying Leg Curls
- 10 [Dumbbell Clusters](#)
- 20 Russian Twists (10 reps per side)
- Perform three to five rounds for time.

WEEK 12 – MUSCLE GROUP SPLIT

DAY 1 – CHEST

- **Incline Bench Press:** 4 sets x 15 reps
- **Incline Dumbbell Fly:** 3 sets x 15 reps
- **Flat Bench Press:** 3 sets x 10 reps
- **Deficit Push-up:** 3 sets x 10 reps
- **Dumbbell Pullover:** 3 sets x 10 reps

DAY 2 – BACK

- **Bent-over Row:** 4 sets x 15 reps
- **Single-arm Row:** 3 sets x 10 reps on each side
- **Chest Supported Row:** 4 sets x 10-12 reps
- **Superman Row:** 4 sets x 8-12 reps

DAY 3 – LEG

- **Goblet Squat:** 3 sets x 15-20 reps
- **Front Lunges:** 3 sets x 6-8 reps per leg
- **Step-up:** 3 sets x 6-8 reps per leg
- **Lying Leg Curl:** 3 sets x 15-20 reps
- **Dumbbell Glute Bridge:** 3 sets x 15-20 reps
- **Seated Calf Raises:** 3 sets x 10 reps per side

DAY 4 – SHOULDER

- **Overhead Press:** 3 sets x 15 reps
- **Lateral Delt Raises:** 3 sets x 12 reps
- **Rear Delt Raises:** 3 sets x 12 reps
- **Upright Rows:** 3 sets x 10 reps
- **Shoulder Shrug:** 3 sets x 15 reps

DAY 5 – ARMS (SUPERSET)

- **Overhead Triceps Extension + Alternating Curl:** 3 sets x 12-15 reps
- **Incline French Press + Incline Dumbbell Curl:** 3 sets x 12-15 reps
- **Dumbbell Tate Press + Spider Curl:** 3 sets x 12-15 reps
- **Triceps Kickback + Hammer Curl:** 3 sets x 12-15 reps

DAY 6 – ABS

- **Mountain Climber:** 15-second x 3 times
- **Plank Drag:** 3 sets x 10 reps per side
- **Reverse Crunches:** 3 sets x 15 reps
- **Half Kneeling High to Low Chop:** 3 sets x 10 reps on each side

- **Sit-ups:** 3 sets x 10 reps

Helpful Resources:

1. [15 Dumbbell Lat Exercises to Sculpt Your Back at Home](#)
2. [26 Best Standing Dumbbell Exercises to Build Muscle](#)
3. [10 Best Dumbbell Quad Exercises for Firm and Toned Legs](#)
4. [16 Best Dumbbell Oblique Exercises for Strong Core](#)
5. [The Only 8 Dumbbell Hamstring Exercises](#)
6. [30 Best Functional Dumbbell Exercises](#)
7. [14 Dumbbell Floor Exercises You Can Do While Lying Down](#)
8. [Top 9 Dumbbell Rear Delt Exercises](#)
9. [50 Upper Body Dumbbell Exercises & Workout Routine PDF](#)
10. [41 Single Dumbbell Exercises & Workout Routine w/PDF](#)