

2 Day Dumbbell Workout Routines

Created by [Murshid Akram](#)

Article Link: <https://thefitnessphantom.com/2-days-a-week-dumbbell-workout/>

Summary

Routine Types	1. Push/Pull 2. Upper/Lower Split 3. Full Body
Program Duration	8 Weeks
Goal	Build/Maintain Strength and Mass
Level	Beginner to Intermediate
Targeted Gender	Men and Women
One Session Duration	45-60 minutes
Rest Between sets	1-3 minutes

Push/Pull 2 Days a Week Dumbbell Workout

Week 1

Day 1 (Muscle to work on: Chest, Shoulder, Triceps and Quads)

1. **Dumbbell Squat:** 3 sets of 10-12 reps each
2. **Dumbbell Lunges:** 2 sets of 8 to 10 reps
3. **[Dumbbell Floor Press:](#)** 2 sets of 10 to 12 reps
4. **Incline Dumbbell Bench Press:** 3 sets of 10 to 12 reps
5. **[Dumbbell Overhead Press:](#)** 3 sets of 10 to 12 reps
6. **Dumbbell Lateral Raises:** 2 sets of 8 to 10 reps

Day 2 (Muscle to work on: Back, Biceps, and Hamstring)

1. **Dumbbell Deadlift:** 3-4 sets of 6 to 8 reps
2. **One-arm Kneeling Dumbbell Rowing:** 3 sets of 8 to 12 reps
3. **Alternate Dumbbell Bicep Curl:** 3 sets of 10 to 12 reps
4. **Prone Incline Dumbbell Curl:** 2 sets of 8 to 10 reps
5. **Dumbbell Pullover:** 3 sets of 10 to 12 reps
6. **Dumbbell Romanian Deadlift:** 3 sets of 6 to 8 reps

Week 2

Day 1 (Chest, Shoulder, Triceps, Quads, and Glute)

1. **Dumbbell Front Squat:** 3 sets of 12 to 15 reps
2. **Dumbbell Bench Press:** 3 sets of 10 to 12 reps
3. **Incline Dumbbell Bench Press:** 3 sets of 10 to 12 reps
4. **One-arm Dumbbell Overhead Extension:** 3 sets of 12 to 15 reps
5. **Dumbbell Overhead Press:** 3 sets of 10 to 12 reps
6. **Dumbbell Lateral Raises:** 3 sets of 8 to 12 reps
7. **Dumbbell Hip Bridge:** 3 sets of 10 to 12 reps

Day 2 (Back, Biceps, Forearms, and Hamstring)

1. **Dumbbell Deadlift:** 3-4 sets of 6 to 8 reps
2. **Dumbbell Bent-over Row:** 3 sets of 8 to 12 reps
3. **Dumbbell Reverse Fly:** 2 sets of 8 to 10 reps
4. **Standing Dumbbell Curl:** 3 sets of 8 to 12 reps
5. **Concentration Curl:** 3 sets of 8 to 10 reps
6. **Dumbbell Wrist Curl:** 2 sets of 8 to 12 reps
7. **Dumbbell Leg Curl:** 3 sets of 8 to 10 reps

2 Day Split Dumbbell Workout

The 2 Day split dumbbell workout will allow you to work on your upper and lower body separately.

So if you want to focus on the upper and lower body individually, you can follow this schedule.

Week 1

Day 1 (Upper Body)

- **Incline Dumbbell Bench Press:** 4 sets x 10-12 reps
- **Dumbbell Pullover:** 3 sets x 8-10 reps
- **Dumbbell Overhead Press:** 4 sets x 10-12 reps
- **Dumbbell Lateral Raises:** 3 sets x 8-10 reps

- **Dumbbell Reverse Fly:** 3 sets x 8-10 reps
- **One-arm Kneeling Dumbbell Rowing:** 3 sets x 8-10 reps

Day 2 (Lower Body)

- **Dumbbell Squat:** 4 sets x 12-15 reps
- **Dumbbell Lunges:** 3 sets x 8-10 reps
- **Dumbbell Romanian Deadlift:** 3 sets x 6-8 reps
- **Dumbbell Glute Bridge:** 3 sets x 8-12 reps
- **Dumbbell Calf Raises:** 3 sets x 12-15 reps

Week 2

Day 1 (Upper Body Dumbbell Workout)

1. **Dumbbell Deadlift:** 4 sets x 6-8 reps
2. **Dumbbell Bent-over Row:** 3 sets x 8-12 reps
3. **Dumbbell Biceps Curl:** 3 sets x 8-12 reps
4. **Flat Dumbbell Bench Press:** 4 sets x 8-12 reps
5. **Dumbbell Arnold Press:** 3 sets x 8-12 reps
6. **Dumbbell Facepull:** 2 sets x 6-10 reps
7. **Tricep Kickbacks/One-arm Overhead Tricep Extension:** 3 sets x 8-12 reps
8. **Dumbbell Side Bend:** 2 sets x 8-12 reps

Day 2 (Lower Body Dumbbell Workout)

1. **Dumbbell Sumo Squat:** 3 sets x 8-12 reps
2. **DB Reverse Lunges:** 3 sets x 8-12 reps
3. **Dumbbell Step-up:** 2 sets x 6-10 reps
4. **Single-Leg Dumbbell Deadlift:** 3 sets x 6-8 reps
5. **Dumbbell Hip Thrust:** 3 sets x 8-12 reps
6. **Dumbbell Calf Raises:** 3 sets x 8-12 reps

Full Body Dumbbell 2-Day Workouts

Week 1

Day 1

- **Dumbbell Squat:** 3 sets x 12-15 reps
- **Flat Dumbbell Bench Press:** 3 sets x 10-12 reps
- **Dumbbell Pullover:** 2 sets x 8-10 reps
- **Dumbbell Overhead Press:** 3 sets x 10-12 reps
- **Dumbbell Bent-over Rowing:** 3 sets x 10-12 reps
- **Dumbbell Reverse Fly:** 2 sets x 8-10 reps
- **Dumbbell Romanian Deadlift:** 3 sets x 6-8 reps

Day 2

- **Dumbbell Lunges:** 3 sets x 8-10 reps
- **Dumbbell Deadlift:** 3 sets x 6-8 reps
- **One-arm Kneeling Dumbbell Rowing:** 3 sets x 8-10 reps
- **Incline Dumbbell Bench Press:** 3 sets x 10-12 reps
- **Arnold Press:** 3 sets x 8-10 reps

- **Biceps Curl:** 3 sets x 8-10 reps
- **Dumbbell Glute Bridge:** 3 sets x 8-12 reps

Week 2

Day 1

1. **Dumbbell Sumo Squat:** 3 sets x 8-12 reps
2. **Dumbbell Step-up:** 2 sets x 6-10 reps
3. **Dumbbell Bench Press:** 3 sets x 8-12 reps
4. **Dumbbell Front Raises:** 3 sets x 8-12 reps
5. **Dumbbell Bent-over Rowing:** 3 sets x 8-12 reps
6. **Standing Dumbbell Oblique Twist:** 3 sets x 8-12 reps
7. **Dumbbell Calf Raises:** 3 sets x 8-12 reps

Day 2

- **Dumbbell Deadlift:** 4 sets x 6-8 reps
- **Dumbbell One-arm Dumbbell Rowing:** 3 sets x 8-10 reps
- **Flat Dumbbell Bench Press:** 4 sets x 8-12 reps
- **Dumbbell Arnold Press:** 3 sets x 8-10 reps
- **Dumbbell Rear Delt Fly:** 3 sets x 6-10 reps
- **One-arm Overhead Tricep Extension:** 3 sets x 8-12 reps
- **Dumbbell Romanian Deadlift:** 3 sets x 8-12 reps

Related Dumbbell Workout Routines

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[5 Day Dumbbell Workout Split](#)

[6 Day Dumbbell Workout](#)

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