

# 20-Minute Dumbbell AMRAP Workout to Build Endurance & Sculpt Your Body

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Full URL: <https://thefitnessphantom.com/20-minute-dumbbell-amrap-workout-and-pdf>

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This 20-minute AMRAP dumbbell workout will be done on alternate days for one month.

It involves performing five exercises in each session. These exercises target almost the entire body and help you get lean and athletic.

I've also attached a free PDF at the bottom of this program. If this workout aligns with your fitness goal, download and use it offline.

# AMRAP Program Summary

Workout Type	Circuit Training
Plan Based on	AMRAP Strategy
AMRAP Full Form	As many rounds as possible
Intensity Level	Moderate to High
Equipment Needed	Dumbbells Only
Training Frequency	Alternate Days
Time Per Session	20-Minutes
Program Duration	30 Days
Workout Goal	Improve Athleticism & Shape
Experience Required	Intermediate to Advanced
Target Gender	Male & Female
Target Age Group	18-35 years

## Day 1

- 20 [Dumbbell Swings](#) (10/arm)
- 10-12 [Bent-Over Rows](#)
- 8-10 Squat Jacks
- 8-10 [Push Press](#)
- 10-12 [Press-Up on Dumbbells](#) (Deficit Push-ups)
- Perform as many rounds as possible.

## Day 3

- 10 Single-arm Snatches (5 per side)
- 20-second Shadow Boxing
- 10 [Dumbbell Thrusters](#)
- 20 [Side Plank Hip Taps](#) (10 reps per side)

- 20 [Incline Plank Row](#) (10 reps per side)
- AMRAP in 20 minutes.

## Day 5

- 6-8 [Dumbbell Cluster](#)
- 20 [Plank Drag](#) (10 reps per side)
- 10-12 Gorilla Rows
- 10 Dumbbell Squat Thrust
- 20 Single-arm Kneeling Wood Chop (10/side)
- AMRAP in 20 minutes.

## Day 7

- 20 Single-arm DB Swings (10/side)
- 20 One-arm Clean and Press (10/side)
- 10 Squat Jacks
- 10-12 [Dumbbell Deadlifts](#)
- 20 [Russian Twist](#) (10/side)
- AMRAP in 20 minutes.

## Day 9

- 10-12 Goblet Squats
- 10-12 Push-ups on Dumbbells
- 12 [Lunges to Torso Rotation](#) (6/side)
- 12 Sea Saw Overhead Press (6/side)
- 8-10 Dumbbell Deadlifts
- AMRAP in 20 minutes.

## Day 11

- 20 One-arm Dumbbell Swings (10/side)

- 12 [Dumbbell Jump Lunges](#) (6/leg)
- 10-12 Bent-over Dumbbell Rows
- 20 Half Kneeling Low to High Chop (10/side)
- 12-15 Bench or [Floor Press](#)
- AMRAP in 20 minutes.

## Day 13

- 10-12 Dumbbell Squat Clean
- 10-12 Dumbbell Push Press
- 10-12 DB Romanian Deadlifts
- 10-12 Overhead DB Squats
- 10-12 Dumbbell Sit-ups
- AMRAP in 20 minutes.

## Day 15

- 10 Single-arm Snatches (5 per side)
- 5-6 [Dumbbell Power Maker](#)
- 20-second Shadow Boxing
- 10-12 Gorilla Rows
- 20 Single-arm Half Kneeling Chop (10/side)
- AMRAP in 20 minutes.

## Day 17

- 20 Dumbbell Swings (10/arm)
- 10-12 Bent-Over Rows
- 8-10 Squat Jacks
- 8-10 Push Press
- 10-12 Dumbbell Deadlift

- 10-12 Press-Up on Dumbbells
- Perform as many rounds as possible.

## **Day 19**

- 10 Single-arm Snatches (5 per side)
- 20-second Shadow Boxing
- 10 Dumbbell Thrusters
- 20 Side Plank Hip Taps (10 reps per side)
- 20 Incline Plank Rowing (10 reps per side)
- AMRAP in 20 minutes.

## **Day 21**

- 6-8 Dumbbell Cluster
- 20 Plank Dumbbell Drags (10 reps per side)
- 10-12 Gorilla Rows
- 10 Dumbbell Squat Thrust
- 20 Single-arm Kneeling Wood Chop (10/side)
- AMRAP in 20 minutes.

## **Day 23**

- 20 Single-arm DB Swings (10/side)
- 20 One-arm Clean and Press (10/side)
- 10 Squat Jacks
- 10-12 Dumbbell Sit-ups
- 20 Russian Twist (10/side)
- AMRAP in 20 minutes.

## **Day 25**

- 10-12 Goblet Squats

- 10-12 Push-ups on Dumbbells
- 12 Lunges to Torso Rotation (6/side)
- 12 Sea Saw Overhead Press (6/side)
- 8-10 Dumbbell Deadlifts
- AMRAP in 20 minutes.

## **Day 27**

- 20 One-arm Dumbbell Swings (10/side)
- 12 Dumbbell Jump Lunges (6/leg)
- 10-12 Bent-over Dumbbell Rows
- 20 Half Kneeling Low to High Chop (10/side)
- 12-15 Bench or Floor Press
- AMRAP in 20 minutes.

## **Day 29**

- 10-12 Dumbbell Squat Clean
- 10-12 Dumbbell Push Press
- 10-12 DB Romanian Deadlifts
- 10-12 Overhead DB Squats
- 10-12 Dumbbell Sit-ups
- AMRAP in 20 minutes.

## **Day 30**

- 10 Single-arm Snatches (5 per side)
- 5-6 Dumbbell Power Maker
- 20-second Shadow Boxing
- 10-12 Gorilla Rows
- 20 Single-arm Half Kneeling Chop (10/side)

- AMRAP in 20 minutes.

# Who Can Do AMRAP Dumbbell Workout?

Anyone can incorporate the Dumbbell AMRAP workouts in their workout plan with some customization depending on their fitness level. For example, beginners can do basic exercises and also rest for a little in between, and experienced exercisers can train at a higher intensity with little rest between exercises.

The weighted AMRAP training helps you improve your endurance, enhance your cardiovascular fitness, build lean mass, lower fats, and improve physical appearance, irrespective of body type and gender.

## Ending Tips for Optimal Results

**Deep breathing for 2 minutes before workout:** Deep breathing for a few minutes before high-intensity training helps improve performance and prevent quick fatigue.

**Start slow:** Perform your first round at a steady pace and gradually increase the intensity as you go into the second and third rounds.

**Rest when needed:** Training at higher intensity can make you exhausted quickly, so it is important to know your breathing ability

and rest when needed. The goal here is to enhance your fitness does not torch your mind and body.

**Stay hydrated:** The AMRAP dumbbell workout burns sweat and calories faster and can make you dehydrated. That's why sipping a little water during the workout is good for staying hydrated and doing well.

**Increase Intensity Gradually:** Try to improve your workout every day by increasing intensity and reducing rest time so that you can achieve more in 20 minutes.

**Adjustment:** Replace challenging exercises with ones you think are appropriate.

## Helpful Resources:

1. [30-Day Dumbbell Superset Workout Plan at Home](#)
2. [50 Upper Body Dumbbell Exercises & Workout Routine](#)
3. [25 Best Dumbbell Compound Exercises](#)
4. [25 Dumbbell Cardio Exercises & Workout Plan to Shape Your Body](#)
5. [Best Dumbbell Core Workout to Transform Your Abs](#)
6. [41 Single Dumbbell Exercises & Workout Routine](#)