

20-Minute Tabata Dumbbell Workout to Sculpt Your Body

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I've designed the best weekly Tabata dumbbell workout plan that involves training 20 minutes a day for four days for those who want to annihilate considerable calories in a short time, build up their athletic fitness, and help them achieve their best shape at home.

Tabata is a form of high-intensity interval training (HIIT), which involves performing 20 seconds of intense exercises followed by 10 seconds of rest.

One round in Tabata lasts for four minutes and includes eight sets of 20-second work and a 10-second rest.

Doing Tabata with dumbbells will not only burn calories and build endurance but also help you shed fat, build lean mass, and **achieve a shredded physique**.

About Dumbbell Tabata Workout Program

Recommended Program Duration	8 Weeks
Sessions/Week	4 Days a week
Duration/session	20 minutes
Program Goal	Get Fast, Aesthetic, and Functional
Target Gender	Male and Female
Suitable Age Group	16-35 Years
Exercise Intensity	As fast as you can
Equipment Needed	Dumbbells Only

This program involves performing Tabata workout four days a week, with each session lasting for 20 minutes.

You'll do four exercises per session, each for eight sets of 20 seconds, followed by a 10-second rest.

This routine is for intermediate and advanced fitness enthusiasts who have been working out for a while and want to level their overall fitness.

Because of its highly intense nature, I do not recommend it to people who are new to training, have any medical conditions, or want to get big.

20-Minute Tabata Dumbbell Workout Weekly Plan

- Monday – Workout
- Tuesday – Workout
- Wednesday – OFF
- Thursday – Workout
- Friday – OFF
- Saturday – Workout
- Sunday – OFF

Warm-up: Before you start performing Tabata dumbbell workouts, I recommend doing a quick 2-3 minutes of warm-up training with [bodyweight cardio exercises](#).

How to Perform: Perform as many reps as in 20 seconds, followed by 10 seconds rest, and repeat twice. That's one minute. Move to the next exercise and do the same. This way, you'll do two sets of each exercise for 20 seconds at max effort. And that'll be your one round.

Monday

- Dumbbell Swings
- Pop Squat
- Single-arm Dumbbell Snatch (5 reps per arm)
- Dumbbell Shadow Boxing Punches
- Repeat four times with one minute rest between them.

Dumbbell Swings

- Stand with feet shoulder-width apart, hold a dumbbell with both hands between your legs, and slightly bend your knees.
- Swing the dumbbell up to chest level while standing up quickly and thrusting your hips forward.
- Hinge at the hips again and bring the dumbbell back down.

Pop Squat

- Grab a pair of light dumbbells and hold it against your chest with your elbows bent and palms facing each other.
- Standing with feet hip-width apart, lower into a squat position, then jump up explosively with arms overhead.
- Land softly back into the squat position and repeat.

Single-arm Dumbbell Snatch

- Stand with your feet shoulder-width apart, take a dumbbell in one hand, bend your knees, and lower the dumbbell towards the ground.
- Extend your legs and hips, lift the dumbbell overhead, catch it, and lower it back down to the starting position between your legs.

Shadow Boxing Punches

- Stand with feet shoulder-width apart and hold a dumbbell in each hand.

- Punch forward with one arm at a time and alternate arms with a steady rhythm.
- Perform for 30 seconds, followed by a 30-second break.

Tuesday

- Dumbbell Thruster
- Side Plank Hip Dips (5 reps per side)
- [Elevated Plank Rowing](#) (10 reps per side)
- Plank Dumbbell Drag (10 reps per side)
- Four rounds in 20 minutes.

Dumbbell Thruster

- Stand in the shoulder-width stance, holding dumbbells at shoulder height.
- Lower into a squat, keeping chest up and knees in line with toes.
- Push through heels to stand up explosively while pressing dumbbells overhead.
- Lower back to shoulder height as you squat.

Side Plank Hip Dips

- Start with a side plank position.
- Hold a dumbbell in your top hand and lower your hip towards the ground by tapping it down.

- Lift it back up and repeat the movement.
- Switch sides and repeat the exercise.

Elevated Plank Rowing

- Grab a dumbbell in your right hand with a neutral grip.
- Place your left hand on a flat bench, extend your legs behind, and elevate yourself.
- Brace your core and glutes and row the weight at your side until it reaches close to your rib.

Plank Dumbbell Drag

- Place a dumbbell on the floor and get into a high plank with your arms straight below your shoulders. The dumbbell should be close to your right hand underneath your chest.
- Drag the dumbbell with your left hand from your right side to your left.
- Do it on the opposite side.

Thursday

- Dumbbell Cluster
- Single arm Kneeling Wood Chop
- Dumbbell Squat Thrust
- [Dumbbell Gorilla Rows](#)

- Perform four rounds with one minute rest between them.

Dumbbell Cluster

- Hold dumbbells at shoulder height, squat down, push through heels to stand up, and press dumbbells overhead, then lower them back and squat again.
- Use a challenging weight to strengthen legs, glutes, and shoulders while maintaining proper form.

Single arm Kneeling Wood Chop

- Sit in the lunge position with your rear knee flat on the floor.
- Grab a dumbbell and keep your arm straight and close to the opposite hip.
- Brace your core and raise your arm diagonally up and across your body.
- Perform an equal number of reps per side.

Dumbbell Squat Thrust

- Stand with feet shoulder-width apart, holding a dumbbell in each hand.
- Squat down with dumbbells at shoulder height. Place them on the ground and kick your feet back into a plank.
- Jump your feet back in and stand up, holding the dumbbells at your sides.

Dumbbell Gorilla Rows

- Stand with your feet shoulder-width apart, holding dumbbells with palms facing in.
- Bend at the hips and slightly at the knees, keeping your torso forward.
- Pull the dumbbells up towards your ribcage by bending your elbows and squeezing your shoulder blades together.
- Lower the dumbbells back down with control and repeat as needed.

Saturday

- Power Maker
- Dumbbell Sit-ups
- Single-arm Clean and Press
- Russian Twist
- Perform four rounds with 60-75 seconds of rest in between.

Power Maker

- Grab a pair of dumbbells and get into a high plank position with your arms straight below your shoulders and feet hip-width apart.
- Complete a push-up, then row the dumbbell at your right side. Repeat on the side.
- Jump your feet back and return to the standing position.

- Lower into a squat, then press the dumbbell overhead as you return to the standing position.

Dumbbell Sit-ups

- Grab a dumbbell and lie on the mat on your back with your arms bent and the dumbbell close to your body.
- Slightly bend your knees, brace your core, and lift your torso off the floor until your abs are entirely engaged.

Single-arm Clean and Press

- Stand with feet shoulder-width apart. Hold a dumbbell in one hand between the legs.
- Bend knees and hinge at hips, lowering dumbbell to ground. Then, explosively extend your legs and hips, pulling the dumbbell up to shoulder height.
- Quickly press the weight overhead until your arms are straight.
- Lower the dumbbell to shoulder height, then to the starting position between legs.

Russian Twist

- Sit on the floor with knees bent, feet flat, and back leaned back.
- Hold the dumbbell with both hands at chest level. Lift your feet off the ground and balance on your bones.
- Twist to right, bring dumbbell beside right hip. Return to center, then twist to left, bring dumbbell beside left hip.

- Alternate sides in a controlled manner.

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