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# 3 DAY DUMBBELL WORKOUT TO BUILD MUSCLE

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Check out [article](#) for more info

I've shared multiple 3 Day dumbbell workout routines (full-body, upper-lower split, and [push-pull-legs](#)) to help you build muscle, [promote cardiovascular health](#), and improve body composition. Depending on your fitness level, you can do one of them to improve your fitness.

I've also handed out a PDF file of these programs at the bottom of this article so that you can download and use it offline.

## Program Summary

Routine Type	Full-body, Upper/Lower Split, and PPL
Program Duration	Aim for 8-12 weeks for visible results
Frequency per week	3 Days
Program Goal	Build Strength and Muscle
Level	Beginner to Intermediate
Suitable For	Men and Women
Equipment Needed	<a href="#">Dumbbells and Workout Bench</a>
Daily Session Duration	40-60 Minutes
Rest Days	After Each Workout Day
Preceding Workout Plan	<a href="#">2-day Dumbbell Split</a>

I'll suggest you begin with a full-body routine followed by [upper-lower split](#) and PPL. Or the best thing you can do is to perform a full-body workout in your first week, a split routine in your second, and a push-pull-leg in the third week and repeat. Those who want a dumbbell weight loss program can download this [HIIT dumbbell workout](#).

# 3 Day Full Body Dumbbell Workout Routine

You'll do a total of six exercises each day during this 3 day full body dumbbell workout routine. These exercises target every muscle group, from the upper to the lower body.

All exercises will be performed in a circuit. [Circuit training](#) is an efficient way to improve strength, body shape, and cardiovascular health – shown in a study published in the National Institute of Health Database.<sup>1</sup>

Take a short interval (30-45 sec) between exercises to keep your heart rate up and increase your cardiovascular health.

If you're a beginner, complete two rounds and three rounds if you're working out for a while.

## Day 1 – Monday

Dumbbell Workout	Targeted Muscle	Reps
Standard Dumbbell Squat	Quad	12
Incline Dumbbell Bench Press	<a href="#">Chest and Shoulder</a>	12
<a href="#">Dumbbell Overhead Press</a>	Shoulder	12
<a href="#">Incline Dumbbell I-Y-T Raises</a>	<a href="#">Back and Shoulder</a>	5
<a href="#">One-arm Dumbbell Rowing</a>	Back	10/side
<a href="#">Dumbbell Wood Chop</a>	Core	10/side

## Day 2 – Wednesday

Dumbbell Workout	Targeted Muscle	Reps
Dumbbell Front Lunges	Quads and Hams	10
Dumbbell Bent-over Row	Back	12
<a href="#">Incline DB Rear Delt Fly</a>	Back and Shoulder	10
Flat DB Bench Press	Chest	12
<a href="#">Dumbbell Pullover</a>	Chest and Back	10
<a href="#">DB Romanian Deadlift</a>	Hamstrings	8

## Day 3 – Friday

Dumbbell Exercises	Targeted Muscle	Reps
<a href="#">Dumbbell Deadlift</a>	Full Body	6
Dumbbell Hammer Curl	Biceps	20

<a href="#">Dumbbell Squat to Swing</a>	Full Body	10
Dumbbell Glutes Bridge	Glutes	10
Incline Plank Dumbbell Row	Back and Core	10/arm
1-arm Overhead Tricep Extension	Triceps	10/arm

## The Upper Lower 3 Day Dumbbell Workout Split

This 3 day dumbbell split routine allows you to [hit your upper body](#) twice and lower body once a week.

Unlike the above routine, you'll train your upper body and lower body on separate days during this plan.

This program is suitable for beginners who want to build foundational strength and lean mass.

### Here's the schedule:

- **Day 1:** Upper Body – Chest, Shoulder, and Biceps
- **Day 2:** Lower Body – Quads, Hams, Glute, and Calves
- **Day 3:** Upper Body – Back, Triceps, and Core

### Day 1 – Chest, Shoulder, and Biceps

Upper Body Workout	Reps	Rest
Incline Bench Press	8-10 x 3	90-sec
Dumbbell Overhead Press	8-12 x 3	90-sec
Dumbbell Lateral Raises	8-10 x 3	90-sec
1-arm Dumbbell Row	8-10 x 3	45-sec
<a href="#">Incline French Press</a>	20 x 2	1-min
Concentration Curl	20 x 2	45-sec

### Day 2 – Quads, Hams, Glute, and Calves

Lower Body Workout	Reps	Rest
Dumbbell Squat	15 x 3	90-sec
Dumbbell Step-up	8 x 2	1-min
Dumbbell Lunges	10 x 3	1-min
DB Romanian Deadlift	6-8 x 3	90-sec
Dumbbell Glutes Bridge	8-12 x 3	45-sec
<a href="#">Dumbbell Calf Raises</a>	8-12 x 3	45-sec

## Day 3 – Back, Triceps, and Core

Upper Body Workout	Reps	Rest
Dumbbell Bent-over Row	8-12 x 4	1-min
Flat Dumbbell Bench Press	8-10 x 4	90-sec
Dumbbell Rear Delt Fly	8-10 x 4	90-sec
Dumbbell Spider Curl	8-12 x 3	1-min
DB Triceps Kickback	8-10 x 3	1-min

## PPL 3 Day Dumbbell Workout Program to Build Muscle

PPL stands for [push, pull, and legs](#). That means you'll do push exercises on day one, pull workouts on day two, and leg workouts on day three.

Push workout involves training the front and lateral deltoids, triceps, and chest muscles; Pull day includes back, posterior deltoid, biceps, and [forearms workout](#); and the [leg workout](#) involves the quadriceps, hamstrings, glutes, and calves training. The PPL is another effective workout routine that allows you to hit each muscle of the body effectively, increase strength and mass, and help you develop a better physique.

Here's the summary of this plan.

- **Day 1 (Monday):** Push Workouts
- **Day 2 (Wednesday):** Pull Workouts
- **Day 3 (Friday):** Legs Workouts

### Day 1 – Push Workouts

Push Workout	Targeted Muscles	Reps	Rest
Dumbbell Bench Press	Chest	8-12 x 3	90-sec
Incline Dumbbell Bench Press	Upper Chest	8-10 x 3	90-sec
Dumbbell Overhead Press	Front Delt	8-12 x 3	90-sec
Dumbbell Lateral Raises	Side Delt	8-10 x 3	1-min
1-arm Overhead Triceps Extension	Triceps	8-12 x 3	45-sec

### Day 2 – Pull Workouts

Pull Workout	Targeted Muscles	Reps	Rest
Dumbbell Deadlift	Back	4-6 x 3	90-sec
Dumbbell Bent-over Row	Back	8-12 x 3	90-sec

Single-arm Dumbbell Row	Back	8-10 x 2	45-sec
Reverse Dumbbell Fly	Rear Delt	8-12 x 3	1-min
Alternating Dumbbell Curl	Biceps	8-12 x 3	1-min
Hammer Curl	Biceps	8-12 x 2	1-min

## Day 3 – Legs Workouts

Legs Workout	Targeted Muscles	Reps	Rest
Dumbbell Front Squat	Quadriceps	12-15 x 3	90-sec
Dumbbell Front Lunges	Quads, Hamstrings	8-10 x 3	1-min
Dumbbell RDL	Ham, <a href="#">Lower Back</a>	6-8 x 3	90-sec
<a href="#">Dumbbell Leg Curl</a>	Hamstring, Glutes	8-10 x 2	90-sec
Glutes Bridge	Glutes, Hamstring	8-12 x 3	1-min
Leaning 1-Leg Calf Raises	Calves	8-12 x 3	45-sec

## Frequently Asked Questions (FAQs)

### Is 3-Day Enough to Build Muscle with Dumbbells?

Three days are enough to build muscle and promote muscle growth if you're a beginner. However, if you've been working out for a while, training four to six days a week is best.

### How Long Will It Take to Build Muscles If I Follow this Program?

Growing muscles depends on several things, such as diet, lifestyle, and how your body responds to training. So, if you work out consistently, consume [high-protein foods](#), and sleep soundly, you'll start seeing results after a couple of months. Moreover, you'll also need to increase the intensity and load over time to build muscles faster.

### Can I Do This Routine to Lose Weight?

This program may not help you lose weight as it is designed for gaining lean mass. If you want to lose weight, I recommend following [high-intensity interval training \(HIIT\)](#).

I've also designed an ultimate [72 days dumbbell workout routine](#) for all fitness enthusiasts. This includes hundreds of exercises and high and low rep range sets. And the best thing is you can follow this program at your own pace.

#### Plans to Follow Next:

Once you feel you should increase the workout frequency, here are the programs you can follow.

- [The Best 4-Day Split Dumbbell Workout](#)
- [6 Day Dumbbell Workout](#)
- [5 Day Dumbbell Workout Split](#)

### [Dumbbell Exercises for Every Muscle Group](#)

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