

# 30 MINUTE DUMBBELL WORKOUT PLAN

## SHAPE YOUR PHYSIQUE

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## Workout Summary

### About Program

- **Routine Type:** Upper Lower Body Part Split
- **Workouts/Week:** 5 Sessions
- **Duration/Session:** 30 minutes
- **Workout Type:** Dumbbell Resistance Exercises
- **Program Goal:** Build Strength and Improve Body Composition
- **Target Gender:** Male and Female
- **Workout Difficulty Level:** Beginner to Intermediate
- **Equipment Needed:** Sets of Light to Heavy Dumbbells

### Workout Schedule

- Day 1 – Chest and Biceps
- Day 2 – Quads and Abs
- Day 3 – Back and Triceps
- Day 4 – Hamstring, Glutes, Calf and Abs
- Day 5 – Shoulder and Cardio
- Day 6 – OFF
- Repeat Cycle

### Workout Instructions

- **Superset:** This program is based on the superset scheme. Superset involves performing two exercises in a row with no rest between them. It is an

excellent way to train more muscles in less time compared to other rep-set schemes.

- **Warm-up before lifting:** It's always best to perform a few cardio exercises, such as burpees, jumping jacks, high knees, and squat jumps to prepare your muscles for lifting dumbbells. Moreover, you can also do one warm-up set prior to main sets to increase muscle temperature.
- **Rest between supersets:** 90 seconds to 2 minutes.

# 30 Minute Dumbbell Workout Plan

## Shape Your Physique

### Day 1 – Chest and Biceps

Superset	Sets	Reps
Flat Bench Press + Incline Biceps Curl	3	10-12
Incline Bench Press + Hammer Curl	3	10-12
Chest Fly + Concentration Curl	3	10-12

### Day 2 – Quads and Abs

Superset	Sets	Reps
Goblet Squat + Sit-ups	3	10-12
Front Lunges + Reverse Crunches	3	10-12
Leg Extension + Wood Chop	3	10-12

### Day 3 – Back and Triceps

Superset	Sets	Reps
Bent-Over Row + Lying French Press	3	10-12
Single-arm Row + Overhead Triceps Extension	3	10-12
<b>45-Degree Incline Row</b> + Triceps Kickback	3	10-12

## Day 4 – Hamstring, Glutes, Calf and Abs

Superset	Sets	Reps
Romanian Deadlift + <a href="#">Lunge with Torso Twist</a>	3	10-12
Lying Prone Leg Curl + Russian Twist	3	10-12
Glute Bridge + <a href="#">DB Calf Raises</a>	3	10-12

## Day 5 – Shoulder and Cardio

Superset	Sets	Reps
Overhead Press + Burpees	3	10-12
Lateral Delt Raises + <a href="#">Lateral Shuffle</a>	3	10-12
Rear Delt Raises + <a href="#">Lunge Front Kick</a>	3	10-12

## Day 6 – OFF

## Day 7 – Chest and Biceps

Superset	Sets	Reps
Decline Bench Press + Dumbbell Curl	3	10-12
Incline Bench Press + Spider Curl	3	10-12
Incline Dumbbell Chest Fly + Wrist Curl	3	10-12

## Day 8 – Quads and Abs

Superset	Sets	Reps
Sumo Squat + Kneeling Wood Chop	3	10-12
Reverse Lunges + <a href="#">Heel Taps Over DB</a>	3	10-12
Step-up + <a href="#">Plank Dumbbell Drag</a>	3	10-12

## Day 9 – Back and Triceps

Superset	Sets	Reps
Kroc Row + Lying French Press	3	10-12
Pendlay Row + 1-arm Triceps Extension	3	10-12
45-Degree Incline Row + Triceps Kickback	3	10-12

## Day 10 – Hamstring, Glutes, Calf and Abs

Superset	Sets	Reps
Stiff-Leg Deadlift + Straight-arm Sit-up	3	10-12
Lying Prone Leg Curl + Russian Twist	3	10-12
Single-leg Bridge + DB Calf Raises	3	10-12

## Day 11 – Shoulder and Cardio

Superset	Sets	Reps
Arnold Press + Burpees	3	10-12
Lateral Delt Raises + High Knees	3	10-12
Rear Delt Fly + Mountain Climbing	3	10-12

## Day 12 – OFF

## Day 13 – Chest and Biceps

Superset	Sets	Reps
Flat Bench Press + Seated Biceps Curl	3	10-12
Upward Chest Fly + <a href="#">_Drag Curl</a>	3	10-12
<a href="#">Dumbbell Pullover</a> + Concentration Curl	3	10-12

## Day 14 – Quads and Abs

Superset	Sets	Reps
<a href="#">Bulgarian Split Squat</a> + Sit-ups	3	10-12
Front Squat + Reverse Crunches	3	10-12
Lateral Lunges + Russian Twist	3	10-12

## Day 15 – Back and Triceps

Superset	Sets	Reps
Bent-Over Row + Lying French Press	3	10-12
Single-arm Row + Overhead Triceps Extension	3	10-12
45-Degree Incline Row + Triceps Kickback	3	10-12

## Day 16 – Hamstring, Glutes, Calf and Abs

Superset	Sets	Reps
Romanian Deadlift + Lunge with Torso Twist	3	10-12
Lying Prone Leg Curl + Russian Twist	3	10-12
Glute Bridge + DB Calf Raises	3	10-12

## Day 17 – Shoulder and Cardio

Superset	Sets	Reps
Seated IYT Raises + Burpees	3	10-12
Rear Delt Fly + Lateral Shuffle	3	10-12
Shrug + Lunge Front Kick	3	10-12

## Day 18 – OFF

## Day 19 – Chest and Biceps

Superset	Sets	Reps
Deficit Push-up + Incline Biceps Curl	3	10-12
Incline Bench Press + Hammer Curl	3	10-12
Chest Fly + Wrist Extension	3	10-12

## Day 20 – Quads and Abs

Superset	Sets	Reps
Goblet Squat + Sit-ups	3	10-12
Front Lunges + Reverse Crunches	3	10-12
Leg Extension + Wood Chop	3	10-12

## Day 21 – Back and Triceps

Superset	Sets	Reps
Bent-Over Row + Lying French Press	3	10-12
Single-arm Row + Overhead Triceps Extension	3	10-12
Incline IYT Raises + Triceps Kickback	3	10-12

## Day 22 – Hamstring, Glutes, Calf and Abs

Superset	Sets	Reps
Good Morning + Lunge with Torso Twist	3	10-12
Lying Prone Leg Curl + Russian Twist	3	10-12
Glute Bridge + DB Calf Raises	3	10-12

## Day 23 – Shoulder and Cardio

Superset	Sets	Reps
Overhead Press + Burpees	3	10-12
Lateral Delt Raises + Lateral Shuffle	3	10-12
Rear Delt Raises + Lunge Front Kick	3	10-12

## Day 24 – OFF

## Day 25 – Chest and Biceps

Superset	Sets	Reps
Flat Bench Press + Incline Biceps Curl	3	10-12
Incline Bench Press + Hammer Curl	3	10-12
Chest Fly + Concentration Curl	3	10-12

## Day 26 – Quads and Abs

Superset	Sets	Reps
Goblet Squat + Sit-ups	3	10-12
Front Lunges + Reverse Crunches	3	10-12
Leg Extension + Wood Chop	3	10-12

## Day 27 – Back and Triceps

Superset	Sets	Reps
Bent-Over Row + Lying French Press	3	10-12
Single-arm Row + Overhead Triceps Extension	3	10-12
45-Degree Incline Row + Triceps Kickback	3	10-12

## Day 28 – Hamstring, Glutes, Calf and Abs

Superset	Sets	Reps
Romanian Deadlift + Lunge with Torso Twist	3	10-12
Lying Prone Leg Curl + Russian Twist	3	10-12
Glute Bridge + DB Calf Raises	3	10-12

## Day 29 – Shoulder and Cardio

Superset	Sets	Reps
Seated IYT Raises + Burpees	3	10-12
Rear Delt Fly + Lateral Shuffle	3	10-12
Shrug + Lunge Front Kick	3	10-12

## Day 30 – OFF

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