The 6 Week Dumbbell Compound Workout Plan to Build Muscle

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Program Summary

Routine Type	Full Body
Suggested Program Duration	12 weeks
Sessions/week	Three
Duration/session	45 minutes
Goal	Build Strength, Lean mass and Endurance
Target Gender	Male and Female
Suitable age group	16-45 years
Equipment Needed	Dumbbells and an Adjustable Bench

Schedule

Do five minutes of cardio to increase your heart rate and oxygen supply and get your muscles ready to perform weight training. You can pick warm-up exercises from this list of cardio workouts.

Week 1

Monday

Exercise	Target Muscle	Reps x Sets
Dumbbell Squat	Quad	15 x 3
Dumbbell Bench Press	Chest	12 x 3
Arnold Press	Shoulder	10 x 3

Bent-Over Row	Back	12 x 3

Wednesday

Exercise	Target Muscle	Reps x Sets
Incline IYT Raises	Shoulder, Back	8 x 3
Deficit Pushups	Chest, Triceps	10 x 3
DB Romanian Deadlift	Hamstring	10 x 3
Dumbbell Pullover	Chest, Lats	12 x 3

Friday

Exercise	Target Muscle	Reps x Sets
Squat to Calf Raise	Legs	10 x 3
Dumbbell Swings	Full Body	12 x 3
Incline DB Bench Press	Chest	12 x 3
Dumbbell Pendlay Row	Back	10 x 3

Week 2

Monday

Exercise	Target Muscle	Reps x Sets
Deadlift	Legs and Back	10 x 3
Farmers Walk	Total Body	15-sec x 3
Bridge Press	Chest, Glute, LB	12 x 3
Bent-over DB Row	Back	12 x 4

Wednesday

Exercise	Target Muscle	Reps x Sets
Dumbbell Cluster	Full Body	10 x 3
Bulgarian Split Squat	Lower Body	10 x 3
Deficit Pushups	Upper Body	10 x 3
Incline IYT Raises	Upper Body	10 x 3

Friday

Exercise	Target Muscle	Reps x Sets
Squat to Overhead Press	Total Body	10 x 3
One-arm DB Row	Back	10 x 3
Dumbbell Deadlift	Legs, Back	10 x 3
Flat Bench Press	Chest	12 x 3

Week 3

Monday

Exercise	Target Muscle	Reps x Sets
Lunges to Hammer Curl	Legs and Biceps	5/side x 3
Pushup to Row	Upper Body	5/side x 3

Clean and Press	Full Body	10 x 3
Dumbbell RDL	Posterior Chain	10 x 3

Wednesday

Exercise	Target Muscle	Reps x Sets
Dumbbell Surrender	Full Body	10 x 3
Diamond Push-Ups	Chest & Triceps	10 x 3
Standing FYT Raises	Shoulders	8 x 3
Incline DB Chest Supported Row	Upper Trap & Rear Delt	12 x 3

Friday

Exercise	Target Muscle	Reps x Sets
Power Maker	Total Body	5 x 4
Sumo Cossack Squat	Legs and Glutes	10 x 3
Incline Bench Press	Chest	12 x 3
One-arm DB Row	Back	10 x 3

Week 4

Monday

Exercise	Target Muscle	Reps x Sets
Dumbbell Deadlift	Quad	10 x 3
Arnold Press	Shoulder	10 x 3
Bent-Over Row	Back	12 x 3
Deficit Pushups	Chest	10 x 3

Wednesday

Exercise	Target Muscle	Reps x Sets
Incline IYT Raises	Shoulder & Back	6 x 4
Dumbbell Lunges	Legs and Glutes	10 x 3
Incline Plank Rowing	Back and Core	10 x 3
Dumbbell Pullover	Chest and Lats	12 x 3

Friday

Exercise	Target Muscle	Reps x Sets
Squat to Calf Raise	Legs	10 x 3
Dumbbell Swings	Full Body	12 x 3
Incline DB Bench Press	Chest	12 x 3
Dumbbell Pendlay Row	Back	10 x 3

Week 5

Monday

Exercise	Target Muscle	Reps x Sets
Dumbbell Deadlift	Legs and Back	10 x 3

Farmers Walk	Full Body	15-sec x 3
Decline Floor Press	Chest, Glute, & LB	12 x 3
Bent-over DB Row	Back	12 x 4

Wednesday

Exercise	Target Muscle	Reps x Sets
Dumbbell Cluster	Full Body	10 x 3
Bulgarian Split Squat	Legs & Gluttes	10 x 3
Deficit Pushups	Chest & Triceps	10 x 3
Incline IYT Raises	Back & Shoulder	5 x 4

Friday

Exercise	Target Muscle	Reps x Sets
Squat to Overhead Press	Total Body	10 x 3
One-arm DB Row	Back	10 x 3
Dumbbell Step-up	Lower Body	10 x 3
Flat Bench Press	Chest	12 x 3

Week 6

Monday

Exercise	Target Muscle	Reps x Sets
Lunges to Hammer Curl	Legs and Biceps	5/side x 3
Pushup to Row	Upper Body	5/side x 3
Clean and Press	Full Body	10 x 3
Incline Plank Row	Posterior Chain	10 x 3

Wednesday

Exercise	Target Muscle	Reps x Sets
Dumbbell Surrender	Full Body	10 x 3
Diamond Push-Ups	Chest & Triceps	10 x 3
Bridge Press	Chest, Glute, & LB	8 x 3
Incline DB Chest Supported Row	Upper Trap & Rear Delt	12 x 3

Friday

Exercise	Target Muscle	Reps x Sets
Power Maker	Total Body	5 x 4
Sumo Cossack Squat	Legs and Glutes	10 x 3
Incline Bench Press	Chest	12 x 3
One-arm DB Row	Back	10 x 3

Additional Tips and Information for Maximizing Results

1. **Progressive Overload:** Increase the loads, the number of reps and sets, and daily workout duration gradually to level up your fitness and build an athletic physique.
2. **Pre-Workout Meal:** For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.
3. **Post-Workout Meal**: Having some good foods and supplements after the training helps rebuild muscle and increase mass. I suggest consuming 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example, a nutritionist can help you better in this case).
4. **Modification**: You can make any adjustment to this program depending on your fitness level.
5. **Add a variety of exercises**: You can include more exercises from the list of dumbbell and barbell exercises in the coming weeks.
6. **Best time to work out:** It is best to work out when you feel physically and mentally active to give your hundred percent.
7. **Maintain a little discipline:** Repeating the same thing for a considerable period can be boring, but you must maintain the discipline to accomplish the best result.

Recommended Supplements:

Pre-Workout	During Workout	Post Workout
Redcon1 Total War Pre-Workout	BSN Amino X Muscle Recovery & Endurance Powder	Levels Grass Fed 100% Whey Protein, No Hormones
Nutrigo Lab Strength (Strong VASCULAR Booster)	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder

ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Mass Extreme Pro Active Growth + Massive Testo Activator

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Helpful Resources

1. Dumbbell Pull Workout: 20 Best Exercises
2. Dumbbell Push Workout: 12 Best Exercises
3. 15 Best Dumbbell Leg Exercises to Bolster Lower Body

Recommended Program:

The Ultimate 72 Days Dumbbell Training (Workout at Your Own Pace)

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