

THE 8 WEEK BEGINNER DUMBBELL WORKOUT ROUTINE TO BUILD MUSCLE

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Check out [article](#) for more info

Dumbbells are excellent when it comes to building muscles at home. They are easy to use, adjustable, and require less space.

You can do [myriad dumbbell exercises](#) to hit every muscle group and build a strong and aesthetic physique.

However, you need a good workout plan to train in an organized manner and improve your overall fitness.

In this article, I've shared an ultimate 8 week beginner dumbbell workout routine (with pdf) that will help you build muscle and improve your shape over time.

Whether you're a male or female, if you're looking for an easy-to-follow and effective dumbbell workout program for beginners, you should check this out.

Routine Overview

Program Duration	8 Weeks
Routine Type	Hybrid Split
Goal	Build Muscle
Workout Frequency	3-5 days a week
Difficulty level	Beginner
Equipment Require	Dumbbells and a flexible bench
Duration of each session	30 to 60 minutes
Suitable for	Men and Women
Alternate Plan	DB 4 Split Workout Routine

Additional information:

- From compound to isolation, I've included [various exercises for every muscle group](#), from the upper to the lower body, in this beginner's dumbbell workout routine.
- Start with light dumbbells and increase the weight as you perform the next sets.
- Replace or integrate as many exercises as you want that you think are better than those outlined below.

Schedule

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

It is best to start your session with 5 minutes of warm-up exercises. Warming up helps increase body temperature and oxygen flow, stimulate the entire muscle groups, and prepare the body for intense training.

Example of a 5-min warm-up workout:

- Jumping Jacks (15-sec)
- Mountain Climber (15-sec)
- Front Leg Swings (10 reps/leg)
- High Knees (15-sec)
- Bear Crawls (30-sec)

You can check out as many as 70 [bodyweight aerobic exercises](#) that can raise your heart rate.

Week 1 to 2 – Upper Lower Mix Workout

- Monday – Quads, Chest, and Triceps
- Wednesday – Back, Biceps, and Hamstrings
- Friday – Shoulder, Glutes, and Calves

Monday – Quads, Chest, and Triceps

Exercise	Sets	Reps	Rest
Front Squat	3	10-15	2-min
Front Lunges	2	10/leg	1-min
Flat Bench Press	3	10-15	2-min
Incline Bench Press	3	10-15	2-min
French Press	3	10-12	1-min

Wednesday – Back, Biceps, and Hamstrings

Exercise	Sets	Reps	Rest
Unilateral Row	2	10/side	1-min
Bent-over Row	3	10-15	2-min
Concentration Curl	3	10-12	1-min
Hammer Curl	2	10-12	1-min
Prone Leg Curl	3	10-15	2-min

Friday – Shoulder, Glutes, and Calves

Exercise	Sets	Reps	Rest
Overhead Press	3	10-15	2-min
Lateral Raises	3	10-15	2-min
Rear Delt Raises	3	10-15	2-min
Shoulder Shrug	2	10-12	1-min
Glute Bridge	2	10-15	1-min
1-Leg Leaning Calf Raise	2	10/leg	1-min

Week 3 to 4 – Hybrid Split

- Monday – Legs, Chest, and Arms
- Tuesday – Back, Shoulder, and Core
- Thursday – Chest, Arms, and Legs
- Saturday – Back, Shoulder, and Core

Monday – Legs, Chest, and Arms

Exercise	Sets	Reps	Rest
Stationary Lunges	2	10/leg	1-min
Front Squat	3	10-15	2-min
Incline Bench Press	4	10-15	2-min
Dumbbell Fly	2	10-12	2-min
OH Triceps Extension	2	10-15	1-min
Alternating Biceps Curl	2	10-15	1-min

Tuesday – Back, Shoulder, and Core

Exercise	Sets	Reps	Rest
Military Press	3	10-12	2-min
Pendlay Row	3	10-12	2-min
Lateral Delt Raises	3	10-12	2-min
1-arm DB Row	3	10/side	1-min
Wood Chop	2	10/side	1-min

Thursday – Chest, Arms, and Legs

Exercise	Sets	Reps	Rest
Flat Bench Press	4	10-15	2-min
Dumbbell Pullover	3	10-12	2-min
French Press	2	10-15	2-min
Concentration Curl	2	10-15	2-min
Prone Leg Curl	3	10-12	2-min
Glute Bridge	2	10-12	2-min

Saturday – Back, Shoulder, and Core

Exercise	Sets	Reps	Rest
Arnold Press	3	10-12	2-min
Bent-over Row	3	10-12	2-min
Rear Delt Raises	3	10-12	2-min
1-arm DB Row	2	10/side	1-min
Shoulder Shurg	2	10-15	1-min

High-2-Low Chop	2	10/side	1-min
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Week 5 to 6 – Full Body Workout

Monday

Exercise	Muscles Worked	Reps	Rest
Dumbbell Squat	Legs	10 x 3	2-min
IYT Raises	Back and Shoulder	5 x 3	2-min
Incline Bench Press	Chest	10 x 3	2-min
Yates Row	Back	10 x 3	2-min
Prone Leg Curl	Hamstrings	10 x 3	2-min

Tuesday

Exercise	Muscles	Reps	Rest
Dumbbell Deadlift	Full Body	10 x 3	2-min
Overhead Press	Shoulder	10 x 3	2-min
Kickback	Triceps	10 x 3	1-min
Hammer Curl	Biceps	10 x 3	2-min
Leg Extension	Quadriceps	10 x 3	2-min

Thursday

Exercise	Muscles	Reps	Rest
Dumbbell Step-up	Legs	10/leg x 2	1-min
Dumbbell Bench Press	Chest	10 x 3	2-min
Bent-over Row	Back	10 x 3	2-min
Bent-over Lateral Raise	Shoulder	10 x 3	2-min
Glute Bridge	Glute	10 x 3	2-min

Saturday

Exercise	Muscles	Reps	Rest
Cursty Lunges	Legs	10/legs x 3	2-min
Incline Bench Press	Chest	10-15 x 3	2-min
1-arm Dumbbell Row	Back	10-15 x 2	1-min
Shrug	Shoulder	10-15 x 2	2-min
Romanian Deadlift	Hamstring	8-10 x 3	2-min

Week 7 to 8 – Total Body Workout

Monday

Exercise	Muscles Worked	Reps	Rest
Dumbbell Squat	Legs	10 x 3	2-min
IYT Raises	Back and Shoulder	5 x 3	2-min
Incline Bench Press	Chest	10 x 3	2-min
Yates Row	Back	10 x 3	2-min
Prone Leg Curl	Hamstrings	10 x 3	2-min
1-arm OH Triceps Extension	Triceps	10/arm x 2	1-min

Tuesday

Exercise	Muscles	Reps	Rest
Dumbbell Deadlift	Full Body	10 x 3	2-min
Overhead Press	Shoulder	10 x 3	2-min
Dumbbell Face Pull	Shoulder	10 x 2	2-min
Spider Curl	Biceps	10 x 3	2-min
Good Morning	Hamstring	10 x 3	2-min
Standing Oblique Twist	Oblique	10 x 2	2-min

Thursday

Exercise	Muscles	Reps	Rest
Stationary Lunges	Legs	10 x 3	1-min
Dumbbell Bench Press	Chest	10 x 3	2-min
Bent-over Row	Back	10 x 3	2-min
Rear Delt Fly	Shoulder	10 x 3	2-min
Hip Thrust	Glute	10 x 2	2-min
Reverse Crunches	Core	10 x 2	1-min

Saturday

Exercise	Muscles	Reps	Rest
Pop Squat	Legs	10 x 3	2-min
Incline Bench Press	Chest	10 x 3	2-min
Dumbbell Pullover	Chest	10 x 3	2-min
Pendlay Row	Back	10 x 3	1-min
Shrug	Shoulder	10 x 2	2-min
Romanian Deadlift	Hamstring	10 x 3	2-min

Key Tips for Maximizing Your Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

Examples of pre-workout foods include:

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. Warm up Before Lifting

Warm-up is a crucial part of any weight training routine as it helps prevent injuries and improve performance. The goal is to increase blood flow and heart rate and get yourself ready for weight training. You can do some [low-intense cardio exercises](#) (not stretching), such as jogging, jumping jacks, running on the treadmill, or bicycling, for 5 minutes to get ready.

4. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

5. Post-Workout stretching and cool down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

6. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume the protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 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).

Examples of Post-Workout Meals:

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

7. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

8. Creator note

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

Nutritional Tips for Muscle Growth

Eating nutritious and healthy foods is as crucial as lifting weights. Diet is an essential part of the muscle-building program; you can't increase mass unless you feed your muscles the required amount of protein, carbs, fats, and other nutrients.

According to the International Society of Sports Nutrition, here is the diet recommendation for natural bodybuilding.

For example, if you're a 60 kg (132 lbs) weighted person.

Protein	Carbs	Fats
145-190 g	400-500	50-60
580-760 calories	1600-2000 calories	400-480 calories

1 gram protein and carbs = four calories and fats = nine calories

You can consume the above nutrients in three to six meals per day, with a meal containing 0.4-0.5 g/kg body weight of protein before and post workout.

Depending on how many calories you burn throughout the day, you can increase or decrease consumption.

You can also check out recommended whey isolate protein and [high calories protein foods](#).

You can incorporate one of the following supplements in your diet program:

1. [Bulk Extreme](#)
2. [Nutrigo Lab Strength](#)
3. [Mass Extreme](#)

More Exercise Options

- [Dumbbell Pull Workout: 20 Best Exercises to do on Pull Day](#)
- [Dumbbell Push Workout: 12 Best Exercises to Do On Push Day](#)
- [15 Best Dumbbell Workouts for Arms and Chest](#)
- [List of Dumbbell Exercises For Each Muscle \(100+ Workouts\)](#)

I've also designed an ultimate [72 days detailed dumbbell workout program](#) that you can do at your own pace and improve your fitness. You can also have a look. I'm sure you'll find it worth it.

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