

Back and Shoulder Dumbbell Workout Routines

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Let's see how you can design workout routines to forge your back and shoulder muscles with dumbbells only.

An effective workout routine must include at least one exercise for each muscle group. And for the back and shoulders, you should include at least one exercise for the front delt, side delt, posterior delt, trapezius, and lats.

You can have a look at the following samples of routines to get some idea of how to create a well-structured back and shoulder dumbbell workout routine.

1. 30-Minute Dumbbell Shoulder and Back Superset Workout

Perform two sets of 8-12 reps with 30 seconds of rest between sets.

- **Set 1** – Overhead Press and Bent-over Row
- **Set 2:** Side Lateral Raises and One-arm DB Row
- **Set 3:** Reverse Fly and Chest-Supported Row

2. 45-min Superset Back & Shoulder Workout with Dumbbells

Perform two to three sets of 8-12 reps with 30 seconds of rest between sets.

- **Set 1** – Overhead Press and Bent-over Row
- **Set 2:** Side Lateral Raises and One-arm DB Row
- **Set 3:** Reverse Fly and Chest-Supported Row
- **Set 4:** Shoulder Shrug and Superman Pull

3. 30-Minute Shoulder and Back Workout for Beginners

- Exercise 1: IYT Raises (sets: 2, reps: 6-8, rest: 1 min)
- Exercise 2: Bent-over Row (sets: 2, reps: 8-10, rest: 1 min)
- Exercise 3: Overhead Press (sets: 2, reps: 8-10, rest: 1 min)
- Exercise 4: Lateral Raises (sets: 2, reps: 10-12, rest: 1 min)
- Exercise 5: One-arm DB Row (sets: 2, reps: 10-12, rest: 1 min)

4. 45-Minute Back and Shoulder Workout for Intermediates

1. IYT Raises (sets: 3, reps: 6-8, rest: 1 min)
2. Bent-over Row (sets: 3, reps: 8-10, rest: 1 min)
3. Overhead Press (sets: 3, reps: 8-10, rest: 1 min)
4. Lateral Raises (sets: 3, reps: 10-12, rest: 1 min)
5. One-arm DB Row (sets: 3, reps: 10-12, rest: 1 min)

5. Advanced Back and Shoulder Dumbbell Workout

Exercise	Reps	Sets	Rest
Dumbbell IYT Raises	8-10	3	1-min
Bent-over Dumbbell Row	8-12	3	1-min
Overhead Dumbbell Press	8-12	3	1-min
Single-arm DB Rowing	8-10	3	1-min
Lateral Raises	8-12	3	1-min
Rear Delt Dumbbell Fly	8-12	3	1-min
Shoulder Shrug	8-12	3	1-min

Helpful Resources:

1. [12 Side Delt Exercises for Ultimate Growth](#)
2. [Top 9 Dumbbell Rear Delt Exercises](#)
3. [Best Anterior Deltoid Exercises](#)
4. [8 Best Dumbbell Trapezius Exercises](#)
5. [15 Dumbbell Lat Exercises to Sculpt Your Back](#)
6. [8 Lower Back Dumbbell Exercises for Strength & Mobility](#)

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