

5 Day Dumbbell and Barbell Workout

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Check out [article](#) for more info

Summary

Expected Program Duration	3 Months
Weekly Frequency	5 Days a week
Routine Type	Upper/Lower Split Training
Goal	Increase Strength and Mass
Workout Level	Beginners to Intermediate
Target Gender	Male and Female
Suitable Age Group	16-45 Years
Daily Workout Duration	45-60 Minutes
Additional Equipment Needed	Weight Plates & A Workout Bench
Preceding Workout Plan	4-Day Barbell Dumbbell Workout
Recommended Supplement	Whey Protein Isolate

Schedule

- **Monday:** Upper Body
- **Tuesday:** Lower Body
- **Day 3:** Upper Body
- **Day 4:** OFF
- **Day 5:** Lower Body
- **Day 6:** Upper Body
- **Day 7:** OFF

Please Note: Perform three to minutes of [cardio exercises to increase your heart rate, blood flow, and oxygen supply](#). The warm-up helps boost performance and minimize the risk of injuries.¹

Day 1 – Upper Body Workout

Exercise	Target Muscle	Reps	Rest
Flat Barbell Bench Press	Chest	12 x 4	2-min
Incline DB Bench Press	Chest	12 x 3	1-2 min
Dumbbell Fly	Chest	12 x 3	1-2 min
Dumbbell Lateral Raises	Shoulder	12 x 3	2 min
Rear Delt Raises	Shoulder	12 x 3	2 min
Dumbbell French Press	Triceps	12 x 3	2 min

Day 2 – Lower Body Workout

Exercise	Muscles	Reps	Rest
Back Squat	Quadriceps	12 x 4	2-3 min
Lunges	Legs	8 x 3/side	1-2 min
Step-up	Lower Body	8 x 3/side	1-2 min
Dumbbell Leg Curl	Hamstrings	12 x 3	1-2 min
Dumbbell Glute Bridge	Glute	12 x 3	1-2 min
Dumbbell Calf Raises	Calves	12 x 3	1-2 min

Day 3 – Upper Body Workout

Exercise	Muscle	Reps	Rest
Ben-over Barbell Row	Back	12 x 4	1-3 min
Neutral Grip DB Bent-over Row	Back	12 x 3	1-3 min
Single-arm Dumbbell Row	Back	10 x 3/side	1-2 min
Barbell Biceps Curl	Biceps	12 x 3	1-2 min
Incline DB Curl	Biceps	10 x 2	1-2 min
Landmine Oblique Twist	Core	10 x 2	1-2 min

Day 4 – Lower Body Workout

Exercise	Muscles	Reps	Rest
DB Sumo Squat	Quadriceps	12 x 4	2-3 min
DB Romanian Deadlift	Legs	10 x 3	1-2 min
Cossack Squat	Lower Body	8 x 3/side	1-2 min
Lateral Bridge	Core, Hips, Lower Back	8 x 3/side	1-2 min
Leg Curl	Hamstring	12 x 3	1-2 min
Barbell Hip Thrust	Glutes	12 x 3	1-2 min

Day 5 – Upper Body Workout

Exercise	Target Muscle	Reps	Rest
Dumbbell IYT Raises	Back and Shoulder	8 x 3	2-min

Incline DB Bench Press	Chest	12 x 3	2-min
Dumbbell Pullover	Chest and Lats	12 x 3	2-min
Dumbbell Lateral Raises	Shoulder	12 x 3	1-2 min
Dumbbell Reverse Fly	Back and Shoulder	12 x 3	2-min
One-arm Tricep Extension	Triceps	10 x 3/side	30-sec
Dumbbell Wood Chop	Core	10 x 2/side	30-sec

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
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Redcon1 Total War Pre-Workout	BSN Amino X Muscle Recovery & Endurance Powder	Levels Grass Fed 100% Whey Protein, No Hormones
Optimum Nutrition Amino Energy	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder
ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Body Fortress Whey Protein Powder

Helpful Resources

1. [Top 10 Barbell Pull Exercises](#)
2. [8 Best Barbell Push Exercises](#)
3. [Dumbbell Pull Workout: 20 Best Exercises](#)
4. [Dumbbell Push Workout: 12 Best Exercises](#)

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