

# Women's Dumbbell Workout Plan At Home for Beginners

Created by [Murshid Akram](#)

[Article Link: https://thefitnessphantom.com/womens-dumbbell-workout-plan/](https://thefitnessphantom.com/womens-dumbbell-workout-plan/)

## Summary

Workout Duration	30 Days
Frequency per week	3-4 Days a Week
Daily Workout Session	30-45 minutes
Goal	Improve Strength and Shape
Level	Beginner
Equipment Needed	Dumbbells and a Workout Bench
Targeted Gender	Female (but males can also do it)
Alternate Plan	<a href="#">3 Day Dumbbell Workout Split</a>

I've included most of the exercises from this list of [37 beginner dumbbell exercises](#), so if you want to know how to perform these workouts step-by-step, you can check that out.

## 30-Day Women's Dumbbell Workout Plan At Home

### Day 1 – Quadriceps, Chest, and Triceps

Exercise	Targeted Muscle	Reps	Rest
Dumbbell Squat	<a href="#">Quads</a>	10 x 3	60-sec

Exercise	Targeted Muscle	Reps	Rest
<a href="#">Dumbbell Forward Lunges</a>	Quads	10 x 2	90-sec
Flat Dumbbell Bench Press	<a href="#">Chest</a>	12 x 3	90-sec
Incline Dumbbell Bench Press	Chest	12 x 3	90-sec
<a href="#">Dumbbell Pullover</a>	Chest	10 x 2	90-sec
Single-arm Overhead Tricep Extension	<a href="#">Triceps</a>	10 x 3	90-sec

**Day 2 – Rest**

**Day 3 – Back, Biceps, and Calves**

Exercise	Targeted Muscle	Reps	Rest
<a href="#">Incline Dumbbell I-Y-T Raises</a>	<a href="#">Back and Shoulder</a>	6 x 3	2-min
<a href="#">Dumbbell Bent-over Row</a>	<a href="#">Back</a>	10 x 2	2-min
Single-arm Dumbbell Row	Back	10 x 3	90-sec
Alternate Bicep Curls	<a href="#">Biceps</a>	10 x 3	2-min
Concentration Curl	Biceps	10 x 2	90-sec
<a href="#">Standing Dumbbell Calf Raises</a>	Calves	10 x 3	60-sec

**Day 4 – Rest**

**Day 5 – Shoulder, Glutes, and Hamstring**

Exercise	Targeted Muscle	Reps	Rest
<a href="#">Dumbbell Overhead Press</a>	<a href="#">Overall Shoulder</a>	10 x 3	90-sec
Dumbbell Lateral Raises	<a href="#">Side Delt</a>	10 x 3	90-sec
<a href="#">Dumbbell Reverse Fly</a>	<a href="#">Posterior Delt</a>	10 x 3	90-sec
<a href="#">Dumbbell Romanian Deadlift</a>	Hamstrings	10 x 2	2-min
<a href="#">Lying Dumbbell Leg Curl</a>	<a href="#">Hamstrings</a>	10 x 2	60-sec
Dumbbell Glute Bridge	Glutes	10 x 2	60-sec

**Day 6 – Rest**

**Day 7 – Rest**

**Day 8 – Chest, Triceps, and Calves**

Exercise	Targeted Muscle	Reps	Rest
Flat Dumbbell Bench Press	Chest	12 x 3	2-min
Incline Dumbbell Bench Press	Chest	12 x 3	2-min

Exercise	Targeted Muscle	Reps	Rest
Dumbbell Fly	Chest	10 x 3	90-sec
Dumbbell Lying Triceps Extension	Triceps	10 x 3	90-sec
Dumbbell Triceps Kickback	Triceps	10 x 2	90-sec
Standing Dumbbell Calf Raises	Calves	10 x 3	90-sec

beginner dumbbell workout routine for female

**Day 9 – Rest**

**Day 10 – Quadriceps, Back, and Biceps**

Exercise	Targeted Muscle	Reps	Rest
Dumbbell Squat	Quad	12 x 3	90-sec
Dumbbell Step-up	Quad	8 x 3	60-sec
<a href="#">Standard Dumbbell Deadlift</a>	Back	6 x 3	2-min
Single-arm Dumbbell Row	Back	10 x 3	90-sec
Alternate Bicep Curls	Biceps	10 x 3	90-sec
Alternate Hammer Curl	Biceps	10 x 2	90-sec

**Day 11 – Rest**

**Day 12 – Shoulder, Glutes, and Hamstring**

Exercise	Targeted Muscle	Reps	Rest
Dumbbell Overhead Press	Shoulder	10 x 3	90-sec
Alternate Dumbbell Front Raises	<a href="#">Anterior Delt</a>	10 x 2	90-sec
Dumbbell Lateral Raises	Side Delt	10 x 3	90-sec
<a href="#">Dumbbell Upright Row</a>	Shoulder	10 x 3	90-sec
Dumbbell Romanian Deadlift	Hamstrings	10 x 2	2-min
Dumbbell Hip Thrust	<a href="#">Glute and Ham</a>	10 x 2	60-sec

**Day 13 – Rest**

**Day 14 – Rest**

**Day 15 – Quadriceps, Chest, and Triceps**

Exercise	Targeted Muscle	Reps	Rest
Dumbbell Sumo Squat	Quads	15 x 3	2-min
Dumbbell Reverse Lunges	Quads	10 x 2	90-sec

Exercise	Targeted Muscle	Reps	Rest
<a href="#">Dumbbell Floor Press</a>	Chest & Triceps	10 x 3	2-min
Incline Dumbbell Bench Press	Chest	12 x 3	2-min
Dumbbell Squeeze Press	Chest & Triceps	10 x 2	90-sec
One-arm Overhead Triceps Extension	Triceps	10 x 3	90-sec

### Day 16 – Back, Biceps, and Core

Exercise	Targeted Muscle	Reps	Rest
Dumbbell I-Y-T Raises	Back	8 x 3	2-min
Dumbbell Bent-over Row	Back	10 x 3	2-min
Incline Dumbbell Pullover	<a href="#">Lats</a>	10 x 3	90-sec
Incline Dumbbell Curl	Biceps	10 x 3	90-sec
Dumbbell Crossbody Curl	Biceps	10 x 2	90-sec
Standing Dumbbell Side Bend	Core	10 x 3	45-sec

### Day 17 – Rest

### Day 18 – Shoulder, Glutes, and Hamstring

Exercise	Targeted Muscle	Reps	Rest
Seated Arnold Press	Shoulder	10 x 3	2-min
Dumbbell Lateral Raises	Medial Delt	10 x 3	90-sec
Reverse Fly	Rear Delt	10 x 3	90-sec
Shoulder Shrug	Neck and Shoulder	15 x 2	90-sec
Dumbbell Leg Curl	Hamstrings	10 x 3	90-sec
Dumbbell Glute Bridge	Glutes	10 x 3	60-sec

### Day 19 – Quadriceps, Chest, and Triceps

Exercise	Targeted Muscle	Reps	Rest
Dumbbell Front Squat	Quads	15 x 3	2-min
Dumbbell Step-up	Quads	10 x 2	90-sec
Flat Dumbbell Bench Press	Chest	12 x 3	2-min
Incline Dumbbell Bench Press	Chest	10 x 3	2-min

Exercise	Targeted Muscle	Reps	Rest
Dumbbell Pullover	Chest	10 x 3	90-sec
Dumbbell Lying Triceps Extension	Triceps	10 x 2	90-sec
Triceps Kickback	Triceps	10 x 2	90-sec

**Day 20 – Rest**

**Day 21 – Rest**

**Day 22 – Back, Biceps, and Core**

Exercise	Targeted Muscle	Reps	Rest
Dumbbell Deadlift	Back	8 x 3	2-min
Dumbbell Bent-over Row (Overhand Grip)	Back	10 x 3	2-min
Single-arm Dumbbell Rowing	Back	10 x 3	90-sec
Alternate Dumbbell Curl	Biceps	10 x 3	90-sec
Incline Dumbbell Preacher curl	Biceps	10 x 3	90-sec
Standing Dumbbell Side Bend	Core	10 x 3	45-sec

**Day 23 – Shoulder, Glutes, Hamstrings and Calves**

Exercise	Targeted Muscle	Reps	Rest
Seated Arnold Press	Shoulder	10 x 3	2-min
Dumbbell Lateral Raises	Medial Delt	10 x 3	90-sec
Dumbbell Facepull	Rear Delt	10 x 2	90-sec
Dumbbell Upright Row	Neck and Shoulder	15 x 2	90-sec
Dumbbell Romanian Deadlift	Hamstrings	10 x 2	90-sec
Dumbbell Glute Bridge	Glutes	10 x 2	60-sec
Standing Dumbbell Calf Raises	Calves	10 x 2	60-sec

**Day 24 – Rest**

**Day 25 – Quadriceps, Chest, and Triceps**

Exercise	Targeted Muscle	Reps	Rest
Dumbbell Forward Lunges	Quads	10 x 2	2-min
Dumbbell Sumo Squat	Quads	10 x 3	90-sec
Flat Dumbbell Bench Press	Chest	15 x 3	2-min

<b>Exercise</b>	<b>Targeted Muscle</b>	<b>Reps</b>	<b>Rest</b>
<a href="#">Narrow Grip Incline Dumbbell Bench Press</a>	Chest and Triceps	10 x 3	2-min
Dumbbell Fly	Chest	10 x 2	90-sec
Dumbbell Lying Triceps Extension	Triceps	10 x 3	90-sec
Single-arm Overhead Tricep Extension	Triceps	10 x 2	90-sec

### **Day 26 – Back, Biceps, and Core**

<b>Exercise</b>	<b>Targeted Muscle</b>	<b>Reps</b>	<b>Rest</b>
Dumbbell IYT Raises	Back	8 x 3	2-min
Dumbbell Bent-over Row (Overhand Grip)	Back	10 x 3	2-min
Single-arm Dumbbell Rowing	Back	10 x 3	90-sec
Alternate Dumbbell Bicep Curl	Biceps	10 x 3	90-sec
Concentration Curl	Biceps	10 x 3	90-sec
Standing Dumbbell Side Bend	Core	10 x 3	45-sec

**Day 27 – Rest**

**Day 28 – Rest**

### **Day 29 – Shoulders, Glutes, Hamstrings, and Calves**

<b>Exercise</b>	<b>Targeted Muscle</b>	<b>Reps</b>	<b>Rest</b>
Dumbbell Overhead Press	Shoulder	10 x 3	2-min
Dumbbell Front Raises	Anterior Delt	10 x 2	90-sec
Dumbbell Lateral Raises	Medial Delt	10 x 3	90-sec
Dumbbell Bent-over Reverse Fly	Rear Delt	10 x 3	90-sec
Dumbbell Leg Curl	Hamstrings	10 x 3	90-sec
Dumbbell Hip Thrust	Glutes	10 x 2	60-sec
Standing Dumbbell Calf Raises	Calves	10 x 2	60-sec

### **Day 30 – Quads, Chest, and Triceps**

<b>Exercise</b>	<b>Targeted Muscle</b>	<b>Reps</b>	<b>Rest</b>
Dumbbell Forward Lunges	Quads	10 x 2	2-min
Dumbbell Sumo Squat	Quads	10 x 3	90-sec
Flat Dumbbell Bench Press	Chest	15 x 3	2-min

Exercise	Targeted Muscle	Reps	Rest
Incline Dumbbell Chest Fly	Chest	10 x 3	2-min
Dumbbell Pullover	Chest	10 x 2	90-sec
Single-arm Overhead Tricep Extension	Triceps	10 x 3	90-sec
Triceps Kickback	Triceps	10 x 3	90-sec

## Tips and Suggestion for Efficient Results

If you want to get the most out of this program, you should take care of the following things:

### Diet

Whether you want to lose or maintain weight, or build muscles, diet is crucial for achieving fitness goals. A good diet must include all nutrients, such as proteins, carbs, and, fats.

Protein intake may increase your muscle mass, recover muscle damage, and improve exercise performance.<sup>1</sup> Carbs provide you energy during the workout and enhance performance. And fats help the body absorb certain vitamins and essential fatty acids help the body function efficiently.<sup>2</sup>

Here are the approximate amount of nutrients you can consume – according to the National Institute of Health:<sup>3</sup>

Diet Component	Recommendation
Weekly weight gain	0.25–0.5 (% of body weight)
Calories	+10–20% above maintenance
Protein	1.6–2.2 g/kg
Fats	0.5–1.5 g/kg

Diet Component	Recommendation
Carbohydrates	Remaining calories ( $\geq 3-5$ g/kg)

### Consistency

If you want to build a well-shaped physique, you'll need to work out consistently. Working out frequently will help you increase strength, endurance, and body composition gradually.

### Progressive Overload

Progressive overload means increasing the amount of weight you lift over time. A study suggests that progression of volume load boosts hypertrophy and increases 1RM.<sup>4</sup>

However, if you don't have heavy dumbbells, you can increase the number of repetitions and reduce the interval time.

### Rest Days

Rest days are crucial for any workout program. They'll help you recover muscle soreness, repair and build up the muscle tissue, minimize the risk of injuries, and help you perform better during the workout.

## Frequently Asked Questions

### How Much Weight (Dumbbell) Should I Use?

It depends on you. You can lift as heavy dumbbells as possible as long as you're maintaining proper form and completing the suggested number of sets and reps.

### Can I Use This Women's Dumbbell Workout Plan For Weight Loss?

You can use it. However, it won't be as effective as the [HIIT exercises](#). Performing exercises at a higher intensity with short intervals burn more calories and supports weight loss.

If you want to lose weight through dumbbell workouts, you can download the [dumbbell HIIT plan](#).

## When Is The Best Time To Work Out?

You can exercise at any time of the day that suits you the most. However, you should avoid working out on an empty stomach. Doing weight training requires more energy; and without much energy, it will be challenging to workout efficiently.

Related: [Can I Take Pre-Workout On An Empty Stomach?](#)

## Can I Do Bodyweight Cardio With This Routine?

Yes, you can do cardio along with dumbbell exercises. You can do bodyweight aerobic exercises after weight training for five to ten minutes.

## Alternative Dumbbell Workout Plans For Women

Once you complete the above women's dumbbell workout plan for 4 weeks, you can try some of the following programs:

- [The Best 5 Day Dumbbell Workout Split](#)
- [The Ultimate 6 Day Dumbbell Workout with PDF](#)
- [12 Week Dumbbell Workout Plan PDF](#)

## References

- 1 Pasiakos SM, McLellan TM, Lieberman HR. [The effects of protein supplements on muscle mass, strength, and aerobic and anaerobic power in healthy adults: a systematic review](#). Sports Med. 2015 Jan;45(1):111-31. doi: 10.1007/s40279-014-0242-2. PMID: 25169440.
- 2 [Important Nutrients to Know: Proteins, Carbohydrates, and Fats](#) – National Institute of Aging
- 3 Iraki, Juma et al. "[Nutrition Recommendations for Bodybuilders in the Off-Season: A Narrative Review](#)." *Sports (Basel, Switzerland)* vol. 7,7 154. 26 Jun. 2019, doi:10.3390/sports7070154

- 4  
Peterson MD, Pistilli E, Haff GG, Hoffman EP, Gordon PM. [Progression of volume load and muscular adaptation during resistance exercise](#). *Eur J Appl Physiol*. 2011;111(6):1063-1071. doi:10.1007/s00421-010-1735-9

[Thefitnessphantom.com](http://Thefitnessphantom.com)

[Reddit](#) | [Twitter](#) | [Instagram](#) | [Facebook](#) | [YouTube](#) | [Paid Programs](#) | [Free Programs](#) | [Recommended Products](#)