

# THE ULTIMATE LIST OF DUMBBELL COMPOUND EXERCISES

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## List of Dumbbell Compound Exercises

- [1. Squat to Calf Raise](#)
- [2. Incline IYT Raises](#)
- [3. Dumbbell Pullover](#)
- [4. Arnold Press](#)
- [5. Deadlift](#)
- [6. Bulgarian Split Squat](#)
- [7. Power Maker](#)
- [8. Dumbbell Surrender](#)
- [9. Lunges to Hammer Curl](#)
- [10. Squat to Overhead Press](#)
- [11. Squat to Swing](#)
- [12. Dumbbell Burpee](#)
- [13. Deadlift to Upright Row](#)
- [14. Romanian Deadlift](#)
- [15. Standing FYT Raises](#)
- [16. Dumbbell T Pushup](#)
- [17. Weighted Pushup to Row](#)

[18. Dumbbell Cluster](#)

[19. Clean and Press](#)

[20. Dumbbell Swings](#)

[21. Farmers Walk](#)

[22. Bridge Press](#)

[23. Sumo Cossack Squat](#)

[24. Bench Press](#)

[25. Bent-over Row](#)

## How Does a Dumbbell Compound Workout Plan Look?

Here is a sample of the 4-Day dumbbell compound workout plan that you can do at home.

- Duration: 30-45 Minutes;
- Intensity: Moderate for Muscle Gain and Fast for Fat Loss;
- Rest: 1-2 minutes

### Monday

- **Incline Dumbbell Bench Press** – 3 sets of 12, 10, and 8 repetitions
- **DB Squat to Calf Raise** – 3 sets of 12, 10, and 8 repetitions
- **Dumbbell IYT Raises** -3 sets of 8, 6, and 6 repetitions.
- **Arnold Press** – 3 sets of 12, 10, and 8 repetitions
- **Sumo Cossack Squat** – 3 sets of 12, 10, and 8 repetitions

### Tuesday

- **Deadlift to Upright Row** – 3 sets of 8-10 reps
- **Pushup to Row** – 3 sets of 8-10 reps
- **DB Pullover** – 3 sets of 8-10 reps
- **Lunges to Hammer Curl** – 3 sets of 8-10 reps
- **Dumbbell Swings** – 3 sets of 12-150 reps

#### Thursday

- **Standing Dumbbell FYT Raises** – 3 sets of 10, 8, and 6 repetitions
- **Dumbbell Cluster** – 3 sets of 6-8 reps
- **Bench Press** – 4 sets of 10-12 reps
- **Clean and Press** – 3 sets of 6-8 reps
- **Bent-over Row** – 3 sets of 10-12 reps

#### Friday

- **DB Squat to Overhead Press** – 3 sets of 6-8 reps
- **Dumbbell T Pushup** – 3 sets of 8-10 reps
- **Power Maker** – 3 sets of 6-8 reps
- **Bridge Press** – 3 sets of 10, 8, and 6 repetitions
- **Romanian Deadlift** – 3 sets of 6-8 reps

This is just a sample of a compound dumbbell workout routine. You can create your own routine with the help of the exercises I've shared above.

### Workout Routines

1. [4 Examples of Dumbbell Circuit Workouts](#)
2. [30-Day Dumbbell Superset Workout Plan](#)
3. [PPL Dumbbell Workout Routine \(3-4-5-6 Day Split w/PDF\)](#)
4. [Dumbbell Only Bro Split – The Ultimate 5 Day Workout Plan](#)

**I've also designed a customized [12-Week Detailed Workout plan for serious fitness enthusiasts who want to put on muscles and increase strength.](#)**

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