

The Best 15-Minute Dumbbell Workout Plan to Get Fit

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Full URL: <https://thefitnessphantom.com/full-body-30-minute-kettlebell-workout>

SUMMARY

Routine 1	Full Body Workout
Routine 2	Upper-Lower Split
Routine 3	Single-Muscle Split
Equipment Needed	Dumbbells & Bench (optional)
Duration/Session	15 minutes
Sessions/Week	6 on, 1 off
Target Gender	Male & Female
Experienced Required	Beginner to Intermediate
Workout Goal	Get Strong & Stay Fit

ROUTINE 1: FULL BODY SPLIT

Day 1

- 15 Overhead Press
- 15 [Dumbbell Squats](#)
- 15 [Bent-Over Rows](#)
- 15 [Push-ups on Dumbbells](#)
- 15 [Romanian Deadlift](#)
- Perform 2-3 rounds.

Day 2

- 20 [Single-arm DB Swings](#) (10/side)
- 20 Stationary Lunges (10 per leg)
- 15 Floor/Bench Press
- 15 Bent-over Lateral Raises
- 20 [Half Kneeling DB Oblique Twist/Chop](#) (10 per side)
- Perform 2-3 rounds.

Day 3

- 10 DB Squat Jacks
- 15 Lateral Delt Raises
- 20 Triceps Kickback/Overhead Extension (10 per side)
- 20 Biceps Curls (10 per arm)
- 15 Reverse Crunches

- Perform 2-3 rounds.

Day 4

- 12 Dumbbell Curtsy Lunges (6 per side)
- 15 [DB Upright Rows](#)
- 15 DB Squeeze Press on the bench/floor
- 20 Single-arm DB Row (10 per side)
- 15 Glute Bridges or Hip Thrusts
- Perform 2-3 rounds.

Day 5

- 20 [Lunges to Torso Twist](#) (10 per side)
- 15 [Dumbbell Push Press](#)
- 15 [Standing Upward Fly](#)
- 15 DB Gorilla Rows
- 30 [Single-leg Calf Raises](#) (15 per side)
- Perform 2-3 rounds.

Day 6

- 15 [Close Grip DB Push-ups](#)
- 20 [Lying Dumbbell Leg Curls](#)
- 10 Dumbbell Plank Row
- 6 [Seated FDL Raises](#)
- 12 Bulgarian Split Squats (6 per leg)

ROUTINE 2: UPPER LOWER SPLIT

Day 1 – Upper Body

- 15-20 Overhead Presses
- 10-15 Dumbbell Deficit Push-ups
- 15-20 Bent-over Rows
- 15-20 Biceps Curls
- 20 Overhead Triceps Extensions (10 per side)
- Repeat Twice

Day 2 – Lower Body

- 20 Dumbbell Squats
- 20 Stationary Lunges (10 on each side)
- 10-12 Romanian Deadlifts
- 15-20 Lying Leg Curls
- 30 Single-leg Calf Raises (15 reps per leg)
- Perform two rounds.

Day 3 – Upper Body

- 12-15 [DB Floor Presses](#)
- 15-20 Lateral Raises
- 15-20 Rear Delt Raises
- 20 Single-arm Rows (10/side)
- 20 Half Kneeling Low to High DB Chops (10/side)

- 12-15 Reverse Crunches
- Perform two rounds.

Day 4 – Lower Body

- 20 Reverse Lunges (10 per leg)
- 20 Sumo Squats
- 10 [DB Good Morning](#)
- 15-20 Hip Thrusts/Glute Bridges
- 30 Single-leg Calf Raises (15 reps per leg)
- Perform two rounds.

Day 5 – Upper Body

- 20 Single-arm DB Swings (10/side)
- 15 Close Grip Dumbbell Push-ups
- 20 DB Upright Rows
- 20 Triceps Kickback (10 per side)
- 20 Hammer Biceps Curls (10 per arm)
- Perform two rounds.

Day 6 – Cardio

- 20 Dumbbell Squat Jacks
- 20 [DB Plank Drag](#) (10 reps per side)
- 20 Lunges to Torso Twist (10 reps on each side)
- 20 [Side Plank Hip Dips](#) (10 reps per side)
- 10 Half Burpees (No Jump)
- Perform two rounds.

ROUTINE 3: MUSCLE GROUP SPLIT

Day 1 – Chest

- **Incline DB Bench Press:** 2 sets x 20 reps
- **Flat DB Bench Press:** 1 set x 20 reps
- **Incline Dumbbell Fly:** 2 sets x 15–20 reps
- **Dumbbell Deficit Push-ups:** 1 set x Failure

Day 2 – Back

- **Bent-over Dumbbell Rows:** 2 sets x 20 reps
- **Split Stance Single-arm Rows:** 1 set x 20 reps per side
- **Lying Superman DB Row:** 1 sets x 10–12 reps
- [45-Degree Incline Row:](#) 2 sets x 10 reps per side

Day 3 – Legs

- **Dumbbell Squats:** 2 sets x 20 reps
- **Stationary Lunges:** 1 set x 10 reps per side
- [Single-leg Deadlift:](#) 2 sets x 12–15 reps
- **Lying Leg Curls:** 1 set x 20 reps
- **Single-leg Calf Raises:** 1 set x 15 reps on each leg

Day 4 – Shoulder

- **Dumbbell Overhead Press:** 2 sets x 20 reps
- **Lateral Delt Raises:** 2 sets x 20 reps
- **Bent-over Reverse Fly:** 2 sets x 20 reps
- **Dumbbell Shrugs:** 1 set x 20 reps (if time allows)

Day 5 – Arms

- **Concentration Curls:** 2 set x 15 reps on each side
- **Hammer Curls:** 2 sets x 15 reps
- **1-arm Overhead Triceps Extensions:** 2 set x 15 reps on each side
- **One-arm Triceps Kickbacks:** 2 sets x 15 reps per arm

Day 6 – Abs

- **Reverse Crunches:** 2 sets x 15 reps
- **Dumbbell Sit-ups:** 2 sets x 6-8 reps
- **Half-Kneeling DB Low to High Chop:** 2 sets x 15 reps on each side
- **Side Plank Hip Dips:** 1 set x 10 reps per side

I've also got an ultimate [72-day dumbbell training](#) for serious fitness enthusiasts who want to build muscle and get in shape at home.

Helpful Resources:

1. [Dumbbell Pull Workout: 20 Best Exercises to do on Pull Day](#)

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2. [14 Dumbbell Floor Exercises You Can Do While Lying Down](#)
3. [50 Upper Body Dumbbell Exercises & Workout Routine](#)
4. [25 Best Dumbbell Compound Exercises](#)
5. [25 Dumbbell Cardio Exercises & Workout Plan](#)
6. [Best Dumbbell Core Workout to Transform Your Abs](#)
7. [41 Single Dumbbell Exercises & Workout Routine](#)
8. [16 Best Dumbbell Exercises for Arms and Shoulders](#)
9. [25 Best Exercises with Dumbbells and Bench](#)