

# THE ULTIMATE DUMBBELL AND BENCH WORKOUT PLAN

Created by: [Murshid Akram](#)  
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If you have a set of dumbbells and an adjustable weight bench at home, check out this ultimate weekly workout routine that can help you improve your physique and take your fitness to the next level.

This dumbbell and bench workout plan is suitable for all fitness enthusiasts, from males and females to beginners and intermediates.

It involves training five days a week, 45-60 minutes a day.

If you're looking for an easy-to-follow and effective workout plan that includes [dumbbell and weight bench exercises](#), you can download this routine.

**Here's a quick summary of the bench and dumbbell workout program.**

- Program Duration: 8-10 weeks
  - Sessions/week: 5 days a week
  - Duration/session: 45-60 minutes
  - Split Type: Hybrid Split
  - Workout Goal: Build muscle and improve shape
  - Target Gender: Male and Female
  - Difficulty Level: Beginner to Intermediate
  - Equipment Require: Dumbbells and a flexible workout bench
  - Alternate Workout Routine: [No-Bench Dumbbell Workout Plan](#)
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- **Monday** – Chest, Shoulder, and Triceps
  - **Tuesday** – Legs and Glutes
  - **Wednesday** – Back, Biceps, and Core
  - **Thursday** – OFF

- **Friday** – Quads, Chest, and Shoulder
- **Saturday** – Back, Hamstrings, and Glutes
- **Sunday** – OFF

This workout routine will allow you to train your large muscle group twice a week, such as the back, legs, and chest. Training large muscles twice a week helps build muscle and improves physique over time.

If you exercise three times a week only, you can skip the Friday and Saturday workouts and train on alternate days.

## Monday – Chest, Shoulder, and Triceps

### Warm-up:

- Jumping Jacks (15-sec)
- High Knees (15-sec)
- Mountain Climber (15-sec)
- Bear Crawls (30-sec)
- Pushups (10 reps)
- Dumbbell Overhead Press (10 reps with light dumbbells)
- Repeat Twice

### Main Workout:

Exercise	Sets	Reps	Rest
Flat Bench Press	3	10-12	2-min
Incline DB Bench Press	3	10-12	2-min
Incline DB Fly	2	10-12	2-min
Lateral Delt Raises	3	10-12	90-sec
Rear Delt Raises	3	10-12	90-sec
One-arm Triceps Extension	2	10/arm	1-min

Workouts with bench and dumbbells

## Tuesday – Legs and Glutes

### Warm-up:

- Front Leg Swings (10 reps/leg)
- Jumping Jacks (15-sec)
- Lateral Leg Swings (10 reps/leg)

- Bodyweight Squat (10 reps)
- Jumping Lunges (5 reps/leg)
- Repeat Twice

### Main Workout

Exercise	Sets	Reps	Rest
Front Squat	3	10-15	2-min
Forward Lunges	2	10/leg	1-min
Step-up	2	8/leg	1-min
<a href="#">Lying Leg Curl</a>	3	10-12	90-sec
Hip Thrust	3	10-12	90-sec
<a href="#">Calf Raises</a>	2	15/leg	1-min

Bench and dumbbell workout routine

## Wednesday – Back, Biceps, and Core

### Warm-up:

- Jumping Jacks (15-sec)
- [Dive Bomber Push-ups](#) (5 reps)
- Mountain Climber (15-sec)
- Inchworm (30-sec)
- [Superman Pull](#) (10 reps)
- Repeat Twice

### Main Workout:

Exercise	Sets	Reps	Rest
<a href="#">Conventional Deadlift</a>	3	10-15	2-min
One-arm DB Row	2	10/leg	1-min
<a href="#">45-Degree Incline Row</a>	2	8/leg	1-min
Spider Curl	3	10-12	90-sec
Incline DB Curl	3	10-12	90-sec
<a href="#">Kneeling Low to High Chop</a>	2	15/leg	1-min

## Friday – Quads, Chest, and Shoulder

### Warm-up

- Ankle Hops (15-sec)
- Burpees (5 reps)

- Mountain Climber (15-sec)
- Bear Crawls (30-sec)
- Leg Swings (10 reps/leg)
- Pushups (5 reps)
- Repeat Twice

### Main Workout

Exercise	Sets	Reps	Rest
<a href="#">Dumbbell Goblet Squat</a>	3	10-12	2-min
<a href="#">Leg Extension</a>	3	12-15	1-min
Flat DB Bench Press	3	10-12	2-min
Incline DB Fly	3	10-12	2-min
Arnold Press	3	10-12	2-min
<a href="#">5-Degree Chest Supported Row</a>	3	10-12	90-sec

## Saturday – Back, Hamstrings, and Glutes

### Warm-up:

- Jumping Jacks (15-sec)
- Mountain Climber (15-sec)
- Inchworm (30-sec)
- Superman Pull (10 reps)
- Single-leg RDL (5 reps/leg)
- Repeat Twice

### Main Workout:

Exercise	Sets	Reps	Rest
<a href="#">Pendlay Row</a>	3	10-15	90-sec
<a href="#">I-Y-T Raises</a>	3	5-6	2-min
Dumbbell RDL	3	8-10	90-sec
<a href="#">Hamstring March</a>	2	6/leg	45-sec
Glute Bridge	3	10-12	90-sec
Dumbbell Crunches	2	10-12	1-min

# Download The Dumbbell and Bench Workout Plan PDF

## Tips and Instructions to Maximize Your Results

Having a set of dumbbells and a weight bench is enough to build a decent physique at home.

You can perform various exercises from the upper to the lower body with only dumbbells and a workout bench.

You can follow the above workout program to train your entire body in an organized way and build a firm and defined physique.

**Here are a few tips you can follow to achieve better results:**

- **Warm-up:** Always start your workout with 5 minutes of [low-impact warm-up exercises](#). Warm-up exercises increase heart rate and body temperature and prepare your muscles for lifting weights.
- **Workout when you feel active:** You can work out at any time of the day, but make sure when you train, you stay focused on your workout.
- **Pre-workout meal:** It is best to have some light snacks or drinks 30 minutes before the workout. For example, you can consume dried fruits, oatmeal, energy bars, whey protein, peanut butter toast, etc.
- **Post-workout meal:** A protein-rich post-workout meal helps rebuild broken tissue and stimulate muscle growth. You can have whey isolate protein, oatmeal, roasted chicken, boiled eggs, and banana in your post-workout meal.
- **Progressive Overload:** Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.
- **Change exercises in subsequent weeks:** There are countless exercises you can do with dumbbells and bench, but doing them all isn't possible in one week. So, make sure you perform a variety of exercises each week. Below are some useful exercises you can include in your program.

## Helpful Resources:

- [15 Best Dumbbell Leg Exercises to Bolster Lower Body](#)
- [The 10 Best DB Exercises for Strong Back](#)
- [15 Best Dumbbell Bicep Exercises](#)
- [9 Best Dumbbell Triceps Exercises for Toned Arms](#)
- [The 10 Best Dumbbell Shoulder Exercises](#)
- [18 Best Dumbbell Chest Exercises](#)

## Recommended Brands:

1. [Performix](#) (Supplement)
2. [Beyond Body](#) (Book)
3. [Amazon](#) (Supplement)

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