

30-MINUTE DUMBBELL AND BARBELL ROUTINE FOR WEIGHT LOSS

Created by: [Murshid Akram](#)
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Resistance training is as important as aerobic exercises when it comes to annihilating plenty of calories, increasing weight loss, and improving body composition.

There are plenty of exercises you can do to [burn fat and build muscles simultaneously](#). However, if you prefer [free weight exercises](#), this article is for you.

Here, I'll share an ultimate weekly 30-minute dumbbell and barbell workout routine that sheds significant calories, promotes weight loss, and builds lean mass.

Pairing this dumbbell barbell routine with bodyweight cardio and a [low-calorie diet program](#) will help your help you achieve your best shape over time.

How to Perform Barbell and Dumbbell Workouts to Increase Weight Loss?

Barbells and dumbbells are two incredible pieces of equipment that allow us to perform numerous exercises, from muscle-building to weight loss.

They are free weights, easy to customize, and can be used for both low-impact to high-intensity training.

To destroy maximum calories and accelerate fat loss, you can perform barbell and dumbbell complex workout.

Complex training involves performing (a set of) exercises back-to-back using a single piece of equipment with no rest between them and without changing weight.

Below, I've shared an easy-to-follow but effective 30 minute weekly dumbbell and barbell routine for all those males and females who want to lose weight and shape their physique.

Note: This program will be challenging. So, people with less exercise experience or any health issue should avoid this

Monthly 30-Minute Dumbbell and Barbell Routine for Weight Loss

Suggestions and Instructions:

- Start with light weight dumbbells and increase weight when needed.
- Perform as many rounds as possible in 15 minutes (each dumbbell and barbell complexes)
- You can perform bodyweight cardio on rest days.
- Increase or decrease session duration according to your fitness level.

Monday

Dumbbell Complex	Barbell Complex
10 Front Squats	10 Back Squats
10 Push Presses	10 Hang Cleans
20 Pendlay DB Rows (10/side)	10 Thrusters
20 Dumbbell Lunges (10/leg)	10 Deadlifts

Wednesday

Dumbbell Complex	Barbell Complex
20 steps Farmers Walk	5 Front Squats
10 Dumbbell Clusters	5 Hang Cleans
10 Floor Presses	5 Thrusters
20 DB Wood Chops (10/side)	5 Pedlay Rows

Friday

Dumbbell Complex	Barbell Complex
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5 Pop Squats	5 Landmine Press
5 Clean and Press	5 High Pulls
10 Squat to Twist Press (5/side)	10 Thrusters
10 Incline Plank Rows (5/side)	5 Bent-over Rows

You can grab more exercises to integrate into your routine from the following resources:

- [Dumbbell Exercises List](#)
- [Barbell Exercises List](#)

Those who have dumbbells only, can follow this [30-day full body weight loss plan](#).

Final Words

When it comes to performing [high-intensity exercises with weights](#), there is no better equipment than dumbbells and barbells.

Barbells and dumbbells are two incredible pieces of equipment that provide a full range of motion and allow us to perform various exercises to target every muscle group, from the upper to lower body.

Performing high intensity complex training with DBs and BBs torch plenty of calories, maximize fat loss, [enhance cardiovascular fitness](#), build lean mass, and improve overall body composition.

However, when it comes to muscle-building or fat loss, every fitness goal requires a good diet program, consistent physical training, quality sleep, and a little knowledge of how the body and nutrition work.

You can follow the best workout plan in the world, but if you consume more fat and carbs than your body uses, you can never reduce your weight.

In the same way, a good meal plan can decrease your weight, but if you don't exercise/lift weights, your lean muscles won't be thicker or stronger.

So, make sure you combine resistance training, cardio, and a good diet regime to [increase weight loss while getting stronger](#).

Pro Tips to Get the Most Out of This Program

1. **Increase intensity and training level:** It's best to increase the intensity, the number of reps, and set gradually to challenge yourself and achieve the maximum results.
2. **Pre-Workout Meal:** It's best to have some pre-workout snacks and drinks for an effective training session. You can take a pre-workout meal 30 minutes to 2 hours prior to the training, depending on the kind of food you consume.
3. **Post-Workout Meal:** It's good to have [high-protein foods](#) and supplements after the workout to recover muscles. I suggest consuming 50-60 grams of protein after a workout for optimal results (it is only an example; a nutritionist can help you better in this case).
4. **Adjustment:** You can adjust the routine according to your fitness level and goal.
5. **Train when you feel energetic:** It is best to work out when you feel physically and mentally active to give your best.
6. **Keep enjoying the workout:** Repeating the same thing for a considerable period can be boring, but you must be disciplined to accomplish the best result.
7. **Drink enough water to keep yourself hydrated:** Keeping yourself hydrated throughout the day is crucial. Research shows that staying hydrated during the workout helps prevent uneasiness and injuries and boosts performance.

Recommended Supplements for Speeding up Weight Loss:

1. [Fat Burn Active](#)
2. [Keto Actives](#)
3. [NuviaLab Keto](#)
4. [Fast Burn Extreme](#)
5. [Nutrigo Lab Burner](#)
6. [Cappuccino MCT Coffee](#)

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)

- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations](#)
- [Dumbbell Weight Loss Exercises](#)
- [The Ultimate List of Isolation Exercises](#)
- [Full Body Dumbbell Workout For Weight Loss](#)
- [The Ultimate HIIT Exercises List](#)

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