

BEST DUMBBELL HIIT WORKOUT PLAN

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If you're looking to build muscle, burn fats, and [improve cardiovascular fitness](#), you can perform high-intensity interval training (HIIT) with dumbbells.

Performing HIIT with dumbbells can help you enhance your aerobic and anaerobic fitness, [promote weight loss](#), build lean mass, and improve your body composition.

From 15 minutes to one hour, I've created various dumbbell HIIT workout plans with pdfs.

Whether you are male or female, beginner or pro, you can follow one of the routines to take your fitness to the next level.

How Do You Do HIIT with Dumbbells?

You can do a HIIT workout with dumbbells in the same way you do it without weights.

Whichever dumbbell exercises you perform, make sure you do it as fast as possible, maintaining the proper form.

However, by carrying the dumbbells, you won't be able to do the exercises as fast as you do without weights. But the weight you carry will help you [build strength, burn calories, and develop muscles at the same time](#).

You can incorporate myriad exercises into a HIIT dumbbell workout routine, such as dumbbell swings, push presses, burpees, power makes, surrenders, shadow boxing, etc.

Studies show that high-intensity interval training enhances endurance, VO2 max, and metabolism; improves aerobic and anaerobic fitness; lower blood sugar; and reduces body fat percentage.¹

You can also check out the ultimate [pros and cons of HIIT](#) before starting this program.

Exercises to Include in the Dumbbell HIIT Program

You can save this exercise list so you can make a dumbbell HIIT workout routine for yourself.

| | |
|---------------------------------------|------------------------------------|
| Dumbbell Burpee | Push Press |
| DB Man Makers | Surrenders |
| DB Farmer Walk | DB Step-up |
| Dumbbell Lunges | IYT Raises |
| DB Squat Swing | Squat Jump |
| Clean and Press | DL to Upright Row |
| Squat to Calf Raises | Russian Twist |
| Floor Press | Dumbbell Crunches |
| Single-Arm DB Swing | Single-arm Snatches |
| DB Shadow Boxing | Dumbbell Side Bend |
| Plank Dumbbell Drag | Side Plank Hip Dip |
| Seesaw Press | Kneeling H2L Chop |
| Incline Plank Rowing | DB Deadlifts |
| DB Lunges to Rotation | Sumo Cossack Squat |

15 Minute Full Body HIIT Dumbbell Workout

This 15-minute dumbbell HIIT workout is for newbies who want to scale their endurance level and perform more intense workouts.

It includes two rounds of seven minutes with one minute break in between them.
Perform as many reps as possible in 30 seconds.

| No | Exercise | Activity Time | Rest |
|----|-------------------------|---------------|--------|
| 1 | Squat to Overhead Press | 30-Sec | 30-Sec |
| 2 | Single-Arm DB Swing | 30-Sec | 30-Sec |
| 3 | One-arm DB Rowing | 30-Sec | 30-Sec |
| 4 | Sumo Cossack Squat | 30-Sec | 30-Sec |
| 5 | Floor Press | 30-Sec | 30-Sec |
| 6 | Plank Dumbbell Drag | 30-Sec | 30-Sec |
| 7 | Dumbbell Push Press | 30-Sec | 30-Sec |

This workout will burn as many as 120 to 150 calories.

You can follow this routine every morning to keep yourself fit and active throughout the day.

20 Minute Dumbbell HIIT Workout Routine

This 20-minute dumbbell high-intensity interval helps increase endurance and strength and build lean mass.

From beginners to intermediate and males to females, anyone can try this workout to level up their fitness level and improve their body composition.

This routine includes two rounds of 10 minutes each so that you can perform each exercise twice.

| No | Workout | Activity Time | Interval |
|----|---------------------|---------------|----------|
| 1 | Dumbbell Squat Jump | 30-Sec | 30-Sec |
| 2 | Dumbbell Push Press | 30-Sec | 30-Sec |
| 4 | Dumbbell Burpee | 30-Sec | 30-Sec |
| 5 | Dumbbell Crunches | 30-Sec | 30-Sec |

| | | | |
|----|----------------------|--------|--------|
| 6 | DB Shadow Boxing | 30-Sec | 30-Sec |
| 7 | Dumbbell Squat Swing | 30-Sec | 30-Sec |
| 8 | Dumbbell IYT Raises | 30-Sec | 30-Sec |
| 9 | DB Step-up | 30-Sec | 30-Sec |
| 10 | Dumbbell Man Maker | 30-Sec | 30-Sec |
| 11 | Dumbbell Side Bend | 30-Sec | 30-Sec |

Performing dumbbell HIIT for 20 minutes can help you torch 250-300 calories.

You can follow this workout for four to five times a week to achieve the best results.

30 Minute Intense Dumbbell HIIT Workout Plan

You can challenge your endurance and speed with this 30-minute full body dumbbell HIIT workout.

This workout is for those who have been working out for a while and enjoy training at high intensity.

Performing this 30-minute interval training strengthen and tone muscles, promote weight loss and cardiovascular health, and annihilate as many as 400 calories.

I've divided the half an hour workout into three rounds of ten minutes. And each round includes 9 exercises, and each exercise will be done for one minute (including the rest time).

Perform three rounds with two minutes of rest in between them.

| No | Round 1 | Round 2 | Round 3 |
|----|------------------|---------------------|--------------|
| 1 | Single-arm Swing | Surrenders | Lunges |
| 2 | Pop Squat | Single-arm Snatches | Squat Swing |
| 3 | Push Press | Sumo Cossack Squat | Seesaw Press |

| | | | |
|---|--------------------|---------------------|----------------------|
| 4 | Man Makers | Frog Pumps | Side Plank Hip Dip |
| 5 | Surrenders | Plank Dumbbell Drag | Farmer Walk |
| 6 | IYT Raises | Clean and Press | Kneeling H2L Chop |
| 7 | Lunges to Rotation | 1-Arm DB Rowing | Squat to Calf Raises |
| 8 | DB Shadow Boxing | Russian Twist | Both-arm Swings |
| 9 | Dumbbell Crunches | Floor Press | Squat Jump |

Spent one minute on each exercise.

You can follow this workout three to four times a week.

45-Minute HIIT Workout with Dumbbells

This 45-minute high-intensity dumbbell workout is for serious weight watchers who can train hard to achieve their best physique.

It is divided into four rounds, and each round will take ten minutes to complete.

Here's how you can divide the 45 minutes workout.

- Round 1: 10 minutes, 1-minute break
- Round 2: 10 minutes, 2-minute break
- Round 3: 10 minutes, 2-minute break
- Round 4: 10 minutes
- How to perform each exercise: Complete as many reps as possible in 20 to 30 seconds and walk for 30 to 40 seconds.

Here are all exercises:

| No | Round 1 | Round 2 |
|----|-------------------|------------------|
| 1 | Squat Jump | Single-arm Swing |
| 2 | Push Press | Seesaw Press |
| 3 | DL to Upright Row | Surrenders |

| | | |
|-----------|---------------------|---------------------|
| 4 | Shadow Boxing | Lunges to Rotation |
| 5 | Squat Swing | Plank Dumbbell Drag |
| 6 | Dumbbell IYT Raises | 1-Arm DB Rowing |
| 8 | DB Step-up | Kneeling H2L Chop |
| 9 | Dumbbell Man Maker | Sumo Cossack Squat |
| 10 | Dumbbell Crunches | Frog Pumps |
| No | Round 3 | Round 4 |
| 1 | Single-arm Swing | Surrenders |
| 2 | Pop Squat | Single-arm Snatches |
| 3 | Push Press | Sumo Cossack Squat |
| 4 | Man Makers | Frog Pumps |
| 5 | Surrenders | Plank Dumbbell Drag |
| 6 | IYT Raises | Clean and Press |
| 7 | Lunges to Rotation | 1-Arm DB Rowing |
| 8 | DB Shadow Boxing | Russian Twist |
| 9 | Dumbbell Crunches | Floor Press |

Doing this workout four times a week will help you achieve a strong and defined physique, promote cardiovascular fitness, and improve athleticism.

60-Minute HIIT Workout with Dumbbells for Fat Loss

Doing high-intensity interval training for 60 minutes can be challenging and make you feel out of breath.

However, if you perform five rounds of 10 minutes with 2-3 minutes of rest between rounds, you'll be able to perform dumbbell HIIT for one hour.

Working out at higher intensity for one hour will help you enhance your aerobic and anaerobic fitness, promote weight loss, and improve your body composition.

How to perform the workout:

Perform as many reps as possible in 30 seconds, then walk for 30 seconds to catch your breath and move to the other exercises.

Circuit #1

- Dumbbell Squat
- Push Press

- Bent-over Row
- Reverse Crunches
- Floor Press

Circuit #2

- Dumbbell Push Press
- Farmer Walk
- Dumbbell Lunges
- Single-Arm Squat Snatch
- Half Kneeling Low to High Chop

Circuit #3

- Dumbbell Surrenders
- One-arm DB Row
- Seesaw Press
- Shadow Boxing
- Clean And Press

Circuit #4

- Power Makers
- Straight-arm Crunches (Right-arm)
- Dumbbell Push Jerk
- [Side Plank Hip Dips](#)
- [Plank Dumbbell Drag](#)

Circuit #5

- [Incline Dumbbell Plank Row](#)
- Dumbbell Lunges to Rotation
- Straight-arm Crunches (Left-arm)
- [Dumbbell Plank Rotation](#)
- Bent Over Rows to Fly

Perform this routine every alternate day for the best results.

- [The Best Weekly HIIT Workout Plan For Newbie & Pro](#)
- [HIIT Exercises List: A Complete List Of HIIT Workout](#)

- [HIIT CrossFit Workouts And Plan \(PDF\)](#)
- [The Ultimate Plan 6 Day Dumbbell Workout with PDF](#)
- [List of 70 Best Bodyweight Cardio Exercises](#)

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