

# The Ultimate 30-Day Dumbbell Only Weight Loss Program

Created by: [Murshid Akram](#)

Check out complete [article](#) for more info

## Summary

Routine Type	Full Body Circuit Training
Program Goal	Weight Loss and Muscle Building
Program Duration	4 to 12 weeks
Workout Duration	30 to 45 Minutes
Workout Level	Beginner to Intermediate
Target Gender	Male and Female
Workout Frequency	4-5 days a week
Alternate Plan	<a href="#">4-Week Fat Loss Workout Plan</a>
Program PDF	Download Workout

## Workout Plan

### Day 1 – Perform two rounds

Exercise	Reps	Rest
<a href="#">Dumbbell Forward Lunges</a>	10	30-sec
<a href="#">Dumbbell Overhead Press</a>	10	45-sec
<a href="#">Dumbbell Squat Swing</a>	8	45-sec
<a href="#">Dumbbell Squat</a>	10	60-sec
<a href="#">Dumbbell Step-up</a>	10	60-sec
<a href="#">Dumbbell Bench Press</a>	12	60-sec
<a href="#">Dumbbell Cluster</a>	8	60-sec

dumbbell workout for weight loss

### Day 2 – Repeat Twice

Exercise	Reps	Rest
<a href="#">Dumbbell Swings</a>	10	30-sec
<a href="#">Dumbbell Deadlift</a>	10	45-sec
<a href="#">Dumbbell Push Press</a>	8	45-sec
<a href="#">Single-arm Dumbbell Rowing</a>	10	60-sec
Dumbbell Squat	12	60-sec
Dumbbell Reverse Lunges	8	60-sec

### Day 3 – Rest

### Day 4 – Perform Two rounds

Exercise	Reps	Rest
Dumbbell Squat	10	30-sec
Dumbbell Step-up	10	45-sec
<a href="#">Incline Dumbbell I-Y-T Raises</a>	8	45-sec
<a href="#">Incline Dumbbell Bench Press</a>	10	60-sec
<a href="#">Arnold Press</a>	12	60-sec
<a href="#">Dumbbell Side Bend</a>	8	60-sec

### Day 5 – Perform in circuit

Exercise	Reps	Rest
<a href="#">Squat to Overhead Press</a>	10	30-Sec
Single-Arm DB Swing	10/arm	45-Sec
<a href="#">Dumbbell Burpee</a>	10	60-Sec
<a href="#">Deadlift To Upright Row</a>	10	45-Sec
<a href="#">DB Shadow Boxing</a>	20-sec	30-Sec
Dumbbell Step-up	10	45-Sec
<a href="#">DB Renegade Row</a>	10	60-Sec
Dumbbell Push Press	10	45-Sec

dumbbell routine for weight loss

### Day 6 – You can take rest or do [bodyweight HIIT](#)

### Day 7 – Rest

### Day 8 – Perform all exercises one by one, two times

Workout	Reps	Rest
<a href="#">Dumbbell Squat Jump</a>	10	45-Sec
Dumbbell Push Press	10	45-Sec
Dumbbell Burpee	10	1-min
Dumbbell Squat Swing	10	1-min
Incline DB Bench Press	10	45-Sec
Dumbbell IYT Raises	10	45-Sec
Dumbbell Step-up	10	45-Sec
<a href="#">Dumbbell Man Maker</a>	10	1-min
Dumbbell Side Bend	10	30-Sec

### Day 9 – Do it in a circuit

Exercise	Reps	Rest
Single-Arm DB Swing	10	45-sec
Dumbbell Push Press	10	45-sec
<a href="#">Dumbbell Surrenders</a>	10	1-min
<a href="#">DB Squat to Calf Raises</a>	10	1-min
Dumbbell IYT Raises	10	1-min
Dumbbell Lunges	10	45-sec
Deadlift To Upright Row	10	1-min
Dumbbell Burpee	10	1-min
Dumbbell Squat Swing	10	1-min
<a href="#">Russian Twist</a>	10	45-sec

## Day 10 – Bodyweight HIIT

## Day 11 – Rest

## Day 12

Exercises	Reps	Rest
Dumbbell Squat Jump	10	45-sec
Dumbbell Push Press	10	45-sec
Squat to Calf Raise	10	45-sec
Dumbbell Sit-ups	10	45-sec
Dumbbell Russian Twist	10	45-sec
One-arm Dumbbell Swing	10/side	45-sec
<a href="#">Dumbbell Plank Rowing</a>	12	45-sec
<a href="#">Dumbbell Lateral Raises</a>	10	1-min
Dumbbell Upright Row	10	1-min

dumbbell weight loss workout

## Day 13 – Complete two rounds

Exercises	Reps	Rest
Dumbbell Forward Lunges	10	30-sec
Squat to overhead press	10	45-sec
<a href="#">Dumbbell Side Plank Rotation</a>	10/side	30-sec
Deadlift To Upright Row	10	45-sec
Dumbbell Thruster	10	1-min
Dumbbell Reverse Lunges	10	45-sec
<a href="#">Bent-Over Dumbbell Row</a>	10	1-min
Dumbbell Cluster	10	1-min

## Day 14 – Rest

## Day 15 – Perform two rounds as quickly as possible.

Exercises	Reps	Rest
Arnold Press	10x2	45-sec
Dumbbell Squat	10x3	45-sec
Dumbbell Bench Press	10x2	45-sec
Dumbbell Plank Row	10x2	1-min
Dumbbell Step-up	10 x 2	45-sec
Dumbbell Burpee	10 x 2	1-min
Dumbbell Hip Thrust	10 x 2	1-min
Dumbbell Swings	10 x 2	45-sec

dumbbell workout plan for weight loss

## Day 16 – Bodyweight HIIT

## Day 17 – Repeat two times at a quick pace

Exercises	Reps	Rest
Squat to Overhead Press	12	30-sec
Incline Dumbbell I-Y-T Raises	10	1-min
<a href="#">Dumbbell Power Maker</a>	10	1-min
Dumbbell Reverse Lunges	12	1-min
Arnold Press	12	45-sec
Dumbbell Side Plank Rotation	10/side	45-sec

DB Squat to Calf Raises	10	1-min
Dumbbell Sit-ups	10	45-sec

### Day 18 – Perform two to three rounds

Workout	Reps	Rest
Dumbbell Squat Jump	10	1-min
Dumbbell Push Press	12	45-Sec
Dumbbell Burpee	10	1-min
Dumbbell Plank Rowing	10/side	1-min
Incline DB Bench Press	10	1-min
Dumbbell Lateral Raises	10	45-Sec
Dumbbell Step-up	12	45-Sec
Dumbbell Man Maker	10	1-min

### Day 19 – Rest

### Day 20 – Do two to three rounds

Exercises	Reps	Rest
Dumbbell Forward Lunges	10	30-sec
Dumbbell Power Maker	10	1-min
Dumbbell Side Plank Rotation	10/side	30-sec
Deadlift To Upright Row	10	1-min
Dumbbell Push Press	10	1-min
One-arm Dumbbell Swings	10	45-sec
<a href="#">Dumbbell Reverse Crunches</a>	10	1-min
Dumbbell Russian Twist	10	1-min

### Day 21

Exercises	Reps	Rest
Arnold Press	10x2	45-sec
Dumbbell Squat	10x3	45-sec
Dumbbell Bench Press	10x2	45-sec
Dumbbell Plank Row	10x2	1-min
Dumbbell Grip Push-up	10 x 2	45-sec
Dumbbell Snatch	10 x 2	1-min
Dumbbell Hip Thrust	10 x 2	1-min
Dumbbell Cluster	10 x 2	45-sec

### Day 22 – Bodyweight HIIT

### Day 23

Exercise	Reps	Rest
Dumbbell Man makers	10	1-min
<a href="#">Dumbbell Clean And Press</a>	10	1-min
Standing IYT Raises	15	1-min
<a href="#">Dumbbell Sit-ups</a>	10	45-sec
<a href="#">Dumbbell Leg Raises</a>	10	45-sec
<a href="#">Dumbbell Overhead Squat</a>	10	1-min
<a href="#">Lunges to Overhead Press</a>	10	1-min
<a href="#">Dumbbell Floor Press</a>	10	45-sec

## Day 24 – Rest

### Day 25 – Repeat Two to three times

Exercises	Reps	Rest
Squat to Overhead Press	10	30-sec
Dumbbell Plank Rowing	10	1-min
Dumbbell Power Maker	10	1-min
Incline DB Bench Press	10	1-min
Dumbbell Reverse Lunges	10	45-sec
Dumbbell Side Plank Rotation	10	45-sec
DB Squat to Calf Raises	10	1-min
Dumbbell Sit-ups	10	45-sec

### Day 26 – Repeat Three circuits

Workout	Reps	Rest
Dumbbell Squat Jump	10	1-min
Dumbbell Push Press	10	45-Sec
Dumbbell Burpee	10	1-min
Dumbbell Situps	10	1-min
Dumbbell Romanian Deadlift	10	1-min
Dumbbell Lateral Raises	10	45-Sec
Dumbbell Step-up	10	45-Sec
Dumbbell Man Maker	10	1-min

## Day 27- Rest

### Day 28 – Bodyweight HIIT

Day 29 – Do three rounds with as little rest as possible in between.

Exercises	Reps	Rest
Dumbbell Forward Lunges	10	30-sec
Dumbbell Clean and Press	10	1-min
Dumbbell Squat	10/side	30-sec
One-arm Dumbbell Swing	10	1-min
Dumbbell Thruster	10	1-min
<a href="#">Dumbbell Reverse Fly</a>	10	45-sec
Dumbbell Woodchop	10	1-min
Dumbbell Russian Twist	10	1-min

Day 30 – Shoot for three rounds with two minutes of rest in between.

Exercises	Reps	Rest
Arnold Press	10	45-sec
Squat to Calf Raises	10	45-sec
Dumbbell Push Press	10	45-sec
Dumbbell Plank Row	10	1-min
Close Grip DB Push-up	10	45-sec
Dumbbell Snatch	10	1-min
Dumbbell Hip Thrust	10	1-min
Dumbbell Cluster	10	45-sec

Check out: [\*\*3-Month Dumbbell Workout Plan for Strength and Mass\*\*](#)

**Help Us Grow on Social Medias**

[Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#)