A Quick List of All Dumbbell Exercises

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Beginner Dumbbell Exercises For Chest

1. Flat Dumbbell Bench Press
2. Incline Dumbbell Bench Press
3. Dumbbell Chest fly
4. Dumbbell Pullover
5. Dumbbell Squeeze Press

The Best Dumbbell Leg Workouts for Beginners

1. Dumbbell Front Squat
2. Dumbbell Lunges
3. Dumbbell Step-up
4. Dumbbell Calf Raise
5. Dumbbell Romanian Deadlift
6. Dumbbell Glute Bridge

Triceps Dumbbell exercises For Beginners

1. Lying Dumbbell Tricep Extension
2. Dumbbell Behind The Neck Tricep Extension
3. One-arm Dumbbell Tricep Kickback
4. Dumbbell Floor Press
5. Seated One-arm triceps extension

Dumbbell Workouts for Beginners for Back

1. One-Arm Dumbbell Rowing
2. Dumbbell Deadlift
3. Incline Dumbbell I-Y-T Raises
4. Dumbbell Bent Over Rowing
5. Dumbbell Superman Pull

Beginner Dumbbell Workouts For Shoulder at Home

1. Overhead Shoulder Press
2. Dumbbell Front Raise
3. Dumbbell Lateral Raise
4. Bent-over Dumbbell Reverse Fly
5. Dumbbell Upright Row
6. Standing Dumbbell Shrug

Biceps Dumbbell Workout for Beginners

1. Seated Alternate Bicep curl
2. Incline Dumbbell Bicep Curl
3. Dumbbell Concentration Curl
4. Twisting Dumbbell Curl
5. Hammer Curl

Forearms Dumbbell Exercises For Beginners

1. Dumbbell Palms-up wrist curl
2. Dumbbell Reverse wrist curls

Basic Dumbbell Core Exercises For Beginners

1. Dumbbell Straight-arm Side-plank
2. Standing Dumbbell Side Bend
3. Dumbbell Lying Crunches

Full Body Beginner Dumbbell Workout Routine At Home

You've got all the beginner dumbbell workouts, and now I'm sharing a sample of a one-week dumbbell full-body workout routine so you can work out effectively. If necessary, you can change, modify or create your own routine according to your plan.

Moreover, if you want a monthly plan, you can also download this 4-week beginner dumbbell exercise routine.

DAY 1

- **Dumbbell Squat:** 10 reps x 2 sets
- **Dumbbell Lunges:** 8 reps x 2 sets

- **Incline Dumbbell Bench Press**: 10 reps x 3 sets
- **Dumbbell Pullover**: 8-10 reps x 2 sets
- **Dumbbell Overhead Press**: 8-12 reps x 3 sets
- **Dumbbell Lateral Raises**: 8-12 reps x 3 sets
- **Tricep Kickback**:8 reps x 3 sets

DAY 2

- **Dumbbell Deadlift:** 6-8 reps x 3 sets
- **Incline Dumbbell IYT Raises-** 6-8 reps x 3 sets
- **One-arm Dumbbell Rowing**– 8-10 reps x 3 sets
- **Dumbbell Upright Row:** 8-10 reps x 3 sets
- **Dumbbell Reverse Fly:**8-10 reps x 3 sets
- **Seated Alternate Bicep curls**– 10 reps x 3 sets
- **Concentration Curl:** 8-10 reps x 3 sets

DAY 3 – Rest Day or Recovery Day

Day 4

- **Dumbbell Floor Press**: 8-12 reps x 3 sets
- **Incline Dumbbell Bench Press:** 8-12 reps x 3 sets
- **Dumbbell Overhead Press**: 8-12 reps x 3 sets
- **Dumbbell Lateral Raise**: 8-12 reps x 2 sets
- **Dumbbell Side bend**: 8-10 reps x 2 sets
- **Dumbbell Romanian Deadlift:** 6-8 reps x 2 sets
- **Dumbbell Glute Bridge:** 8-12 reps x 2 sets

Day 5

- **Dumbbell Step-up:** 8-10 reps x 2 sets
- **Dumbbell Bent Over Rowing:** 8-12 reps x 3 sets
- **Dumbbell Superman Pull**: 6-8 reps x 3 sets
- **Dumbbell Calf Raise**: 10-12 reps x 2 sets
- **Incline Dumbbell Bicep Curl**: 8-12 reps x 3 sets

- **Dumbbell Palms-up wrist curl**: 8-12 reps x 3 sets
- **Dumbbell Lying Crunches**: 8-10 reps x 2 sets

Day 6: Rest Day or Recovery Day

Day 7: Rest Day or Recovery Day