

# The Ultimate 30-Day Women's Dumbbell Workout Plan with PDF

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Check out [article](#) for more info

## Program Description

|                     |                                       |
|---------------------|---------------------------------------|
| Program Duration    | 30 Days                               |
| Total Sessions      | 20 in 30 days                         |
| Duration/Session    | 30-45 minutes                         |
| Workout Goal        | Build a strong and aesthetic physique |
| Experience Required | Beginner to Intermediate              |
| Equipment Needed    | Dumbbells and a Workout Bench         |
| Target Gender       | Female (but males can also do it)     |

**Frequency:** This program involves training two times in three days: two days of workout followed by one day of rest for 30 days.

**Target Muscle Groups:** It equally focuses on every muscle group, including the glutes and core, unlike men's, whose program includes more sessions for the upper body.

**Split Type:** It is based on a combined body part split, including at least one upper and one lower muscle group in each session.

**Exercise Difficulty:** This schedule includes most exercises that are beginner-friendly, so females of any fitness level can do them with the correct form.

**What You Can Expect:** After completing this program, you'll be able to lift more, walk freely, sit for a longer duration, and improve your physical appearance.

## 30-Day Women's Dumbbell Workout Plan at Home

- Day 1 – Quads, Chest, and Triceps
- Day 2 – Back, Biceps, and Core
- Day 3 – Rest
- Day 4 – Shoulder, Glutes, and Hamstring
- Day 5 – Quads, Chest, and Calves

- Day 6 – Rest
- Day 7 – Back, Biceps, and Core
- Day 8 – Shoulder, Glutes, and Hamstring
- Day 9 – Rest
- Day 10 – Quads, Chest, and Triceps
- Day 11 – Back, Biceps, and Core
- Day 12 – Rest
- Day 13 – Shoulder, Glutes, and Hamstring
- Day 14 – Quads, Chest, and Calves
- Day 15 – Rest
- Day 16 – Back, Biceps, and Core
- Day 17 – Shoulder, Glutes, and Hamstring
- Day 18 – Rest
- Day 19 – Quads, Chest, and Triceps
- Day 20 – Back, Biceps, and Core
- Day 21 – Rest
- Day 22 – Shoulder, Glutes, and Hamstring
- Day 23 – Quads, Chest, and Calves
- Day 24 – Rest
- Day 25 – Back, Biceps, and Core
- Day 26 – Shoulder, Glutes, and Hamstring
- Day 27 – Rest
- Day 28 – Quads, Chest, and Triceps
- Day 29 – Back, Biceps, and Core

- Day 30 – Dumbbell Cardio

## Day 1 – Quads, Chest, and Triceps

| Exercise                          | Reps   | Rest   |
|-----------------------------------|--------|--------|
| Dumbbell Squat                    | 10 x 3 | 60-sec |
| <a href="#">Forward Lunges</a>    | 10 x 2 | 90-sec |
| Flat Bench Press                  | 12 x 3 | 90-sec |
| Incline Bench Press               | 12 x 3 | 90-sec |
| <a href="#">Dumbbell Pullover</a> | 10 x 2 | 90-sec |
| 1-arm Overhead Extension          | 10 x 3 | 90-sec |

## Day 2 – Back, Biceps, and Core

| Exercise                                | Reps   | Rest   |
|---|--------|--------|
| <a href="#">Incline DB I-Y-T Raises</a> | 6 x 3  | 2-min  |
| <a href="#">Bent-over Dumbbell Row</a>  | 10 x 2 | 2-min  |
| One-arm DB Row                          | 10 x 3 | 90-sec |
| Alternate Bicep Curls                   | 10 x 3 | 2-min  |
| Concentration Curl                      | 10 x 2 | 90-sec |
| <a href="#">Plank Drag</a>              | 10 x 3 | 60-sec |

## Day 3 – Rest

I recommend doing [bodyweight steady cardio](#) to those who want to shed some fat and bring out their best shape. But if you don't have to torch fat, take a full day off.

## Day 4 – Shoulder, Glutes, and Hamstring

| Exercise                          | Reps   | Rest   |
|-----------------------------------|--------|--------|
| <a href="#">DB Overhead Press</a> | 10 x 3 | 90-sec |
| DB Lateral Raises                 | 10 x 3 | 90-sec |

|                       |        |        |
|-----------------------|--------|--------|
| Dumbbell Reverse Fly  | 10 x 3 | 90-sec |
| Romanian Deadlift     | 10 x 2 | 2-min  |
| Dumbbell Leg Curl     | 10 x 2 | 60-sec |
| Dumbbell Glute Bridge | 10 x 2 | 60-sec |

## Day 5 – Quads, Chest, and Calves

| Exercise                | Reps   | Rest   |
|-------------------------|--------|--------|
| Flat Bench Press        | 12 x 3 | 2-min  |
| Incline Bench Press     | 12 x 3 | 2-min  |
| Dumbbell Fly            | 10 x 3 | 90-sec |
| Lying Triceps Extension | 10 x 3 | 90-sec |
| Triceps Kickback        | 10 x 2 | 90-sec |
| Standing Calf Raises    | 10 x 3 | 90-sec |

## Day 6 – Rest

### Steady Cardio Optional:

- 15-second Jumping Jacks
- 15-second Mountain Climber
- 10 Squat Jumps
- 10 Sit-ups
- 10 Shoulder Taps
- 10 Burpees
- 10 Bicycle Crunches
- Repeat as many times as possible.

## Day 7 – Back, Biceps, and Core

| Exercise | Reps | Rest |
|----------|------|------|
|----------|------|------|

|                         |        |        |
|-------------------------|--------|--------|
| Bent-over Dumbbell Row  | 10 x 3 | 2-min  |
| Croc Row                | 10 x 3 | 2-min  |
| Lying Superman Row      | 10 x 3 | 2-min  |
| Alternating Bicep Curls | 10 x 3 | 90-sec |
| Reverse Biceps Curl     | 10 x 3 | 90-sec |
| Side Plank Hip Lift     | 10 x 3 | 45-sec |

## Day 8 – Shoulder, Glutes, and Hamstring

| Exercise                    | Reps   | Rest   |
|-----------------------------|--------|--------|
| Arnold Press                | 10 x 3 | 2-min  |
| Single-arm Lateral Raises   | 10 x 3 | 60-sec |
| Incline Chest-Supported Row | 10 x 3 | 90-sec |
| Dumbbell Leg Curl           | 10 x 3 | 90-sec |
| Dumbbell Frog Pump          | 10 x 3 | 90-sec |
| Single-leg Glute Bridge     | 10 x 3 | 90-sec |

## Day 9 – Rest

### Optional steady cardio:

- Lunge Front Kick
- Kneeling Pushup
- Pop Squat
- Inchworm
- Alternating Heel Tap
- 10 High to Low Plank
- 30-second Side Plank (15 seconds per side)
- Perform as many rounds as possible.

# Day 10 – Quads, Chest, and Triceps

| Exercise                 | Reps   | Rest   |
|--------------------------|--------|--------|
| Lateral Squat            | 10 x 3 | 60-sec |
| Step-up                  | 10 x 3 | 60-sec |
| Incline Bench Press      | 12 x 3 | 90-sec |
| Incline Dumbbell Fly     | 10 x 3 | 90-sec |
| 1-arm Overhead Extension | 10 x 3 | 90-sec |
| 1-arm Triceps Kickback   | 10 x 3 | 90-sec |

# Day 11 – Back, Biceps, and Core

| Exercise         | Reps   | Rest   |
|------------------|--------|--------|
| Gorilla Row      | 10 x 3 | 2-min  |
| Yates Row        | 10 x 3 | 2-min  |
| Prone Fly        | 10 x 3 | 2-min  |
| Hammer Curl      | 10 x 3 | 90-sec |
| DB Flutter Kicks | 10 x 3 | 90-sec |
| Low to High Chop | 10 x 3 | 45-sec |

# Day 12 – Rest

## Steady Cardio Optional:

- 15-second Jumping Jacks
- 15-second Mountain Climber
- 10 Squat Jumps
- 10 Sit-ups
- 10 Shoulder Taps
- 10 Burpees
- 10 Bicycle Crunches

- Repeat as many times as possible.

## Day 13 – Shoulder, Glutes, and Hamstring

| Exercise                             | Reps   | Rest   |
|--------------------------------------|--------|--------|
| Arnold Press                         | 10 x 3 | 2-min  |
| Single-arm Lateral Raises            | 10 x 3 | 60-sec |
| Incline Chest-Supported Row          | 10 x 3 | 90-sec |
| Dumbbell Leg Curl                    | 10 x 3 | 90-sec |
| <a href="#">Dumbbell Hip Thrust</a>  | 10 x 3 | 90-sec |
| <a href="#">Dumbbell Donkey Kick</a> | 10 x 3 | 90-sec |

## Day 14 – Quads, Chest, and Calves

| Exercise                                | Reps   | Rest   |
|---|--------|--------|
| Front Squat                             | 10 x 3 | 60-sec |
| Curtsy Lunges                           | 10 x 3 | 90-sec |
| Incline Bench Press                     | 12 x 3 | 90-sec |
| Dumbbell Fly                            | 10 x 3 | 90-sec |
| <a href="#">Single-leg Calf Raises</a>  | 10 x 3 | 90-sec |
| <a href="#">Sumo Stance Calf Raises</a> | 15 x 3 | 90-sec |

## Day 15 – Rest

- Lunge Front Kick
- Kneeling Pushup
- Pop Squat
- Inchworm
- Alternating Heel Tap
- 10 High to Low Plank

- 30-second Side Plank (15 seconds per side)
- Perform as many rounds as possible.

## Day 16 – Back, Biceps, and Core

| Exercise                | Reps   | Rest   |
|-------------------------|--------|--------|
| Incline DB I-Y-T Raises | 6 x 3  | 2-min  |
| Bent-over Dumbbell Row  | 10 x 2 | 2-min  |
| One-arm DB Row          | 10 x 3 | 90-sec |
| Alternate Bicep Curls   | 10 x 3 | 2-min  |
| Concentration Curl      | 10 x 2 | 90-sec |
| Plank Drag              | 10 x 3 | 60-sec |

## Day 17 – Shoulder, Glutes, and Hamstring

| Exercise        | Reps   | Rest   |
|-----------------|--------|--------|
| Front Raises    | 10 x 3 | 90-sec |
| Lateral Raises  | 10 x 3 | 90-sec |
| Hamstring March | 10 x 3 | 90-sec |
| Leg Curl        | 10 x 3 | 60-sec |
| Glute Bridge    | 10 x 3 | 60-sec |
| Donkey Kick     | 10 x 3 | 60-sec |

## Day 18 – Rest

### Steady Cardio Optional:

- 15-second Jumping Jacks
- 15-second Mountain Climber
- 10 Squat Jumps

- 10 Sit-ups
- 10 Shoulder Taps
- 10 Burpees
- 10 Bicycle Crunches
- Repeat as many times as possible.

## Day 19 – Quads, Chest, and Triceps

| Exercise                | Reps   | Rest   |
|-------------------------|--------|--------|
| Goblet Squat            | 12 x 3 | 60-sec |
| Step-up                 | 10 x 3 | 60-sec |
| Flat Bench Press        | 12 x 3 | 2-min  |
| Dumbbell Fly            | 10 x 3 | 90-sec |
| Lying Triceps Extension | 10 x 3 | 90-sec |
| Triceps Kickback        | 10 x 2 | 90-sec |

## Day 20 – Back, Biceps, and Core

| Exercise                | Reps   | Rest   |
|-------------------------|--------|--------|
| Bent-over Dumbbell Row  | 10 x 3 | 2-min  |
| Lying Superman Row      | 10 x 3 | 2-min  |
| Alternating Bicep Curls | 10 x 3 | 90-sec |
| Reverse Biceps Curl     | 10 x 3 | 90-sec |
| Side Plank Hip Lift     | 10 x 3 | 45-sec |
| DB Reverse Crunches     | 10 x 3 | 45-sec |

## Day 21 – Rest

- Lunge Front Kick
- Kneeling Pushup
- Pop Squat
- Inchworm

- Alternating Heel Tap
- 10 High to Low Plank
- 30-second Side Plank (15 seconds per side)
- Perform as many rounds as possible.

## Day 22 – Shoulder, Glutes, and Hamstring

| Exercise          | Reps   | Rest   |
|-------------------|--------|--------|
| Dumbbell Swings   | 15 x 3 | 60-sec |
| Push Press        | 10 x 3 | 90-sec |
| Lateral Raises    | 10 x 3 | 90-sec |
| Romanian Deadlift | 10 x 2 | 2-min  |
| Dumbbell Leg Curl | 10 x 2 | 60-sec |
| Glute Bridge      | 10 x 2 | 60-sec |

## Day 23 – Quads, Chest, and Calves

| Exercise                | Reps   | Rest   |
|-------------------------|--------|--------|
| Front Squat             | 10 x 3 | 60-sec |
| Curtsy Lunges           | 10 x 3 | 90-sec |
| Incline Bench Press     | 12 x 3 | 90-sec |
| Dumbbell Fly            | 10 x 3 | 90-sec |
| Single-leg Calf Raises  | 10 x 3 | 90-sec |
| Sumo Stance Calf Raises | 15 x 3 | 90-sec |

## Day 24 – Rest

### Steady Cardio Optional:

- 15-second Jumping Jacks

- 15-second Mountain Climber
- 10 Squat Jumps
- 10 Sit-ups
- 10 Shoulder Taps
- 10 Burpees
- 10 Bicycle Crunches
- Repeat as many times as possible.

## Day 25 – Back, Biceps, and Core

| Exercise         | Reps   | Rest   |
|------------------|--------|--------|
| Gorilla Row      | 10 x 3 | 2-min  |
| Yates Row        | 10 x 3 | 2-min  |
| Prone Fly        | 10 x 3 | 2-min  |
| Hammer Curl      | 10 x 3 | 90-sec |
| DB Flutter Kicks | 10 x 3 | 90-sec |
| Low to High Chop | 10 x 3 | 45-sec |

## Day 26 – Shoulder, Glutes, and Hamstring

| Exercise                    | Reps   | Rest   |
|-----------------------------|--------|--------|
| Arnold Press                | 10 x 3 | 2-min  |
| Single-arm Lateral Raises   | 10 x 3 | 60-sec |
| Incline Chest-Supported Row | 10 x 3 | 90-sec |
| Dumbbell Leg Curl           | 10 x 3 | 90-sec |
| Dumbbell Frog Pump          | 10 x 3 | 90-sec |
| Single-leg Glute Bridge     | 10 x 3 | 90-sec |

## Day 27 – Rest

- Lunge Front Kick
- Kneeling Pushup
- Pop Squat
- Inchworm
- Alternating Heel Tap
- 10 High to Low Plank
- 30-second Side Plank (15 seconds per side)
- Perform as many rounds as possible.

## Day 28 – Quads, Chest, and Triceps

| Exercise                 | Reps   | Rest   |
|--------------------------|--------|--------|
| Lateral Squat            | 10 x 3 | 60-sec |
| Step-up                  | 10 x 3 | 60-sec |
| Incline Bench Press      | 12 x 3 | 90-sec |
| Incline Dumbbell Fly     | 10 x 3 | 90-sec |
| 1-arm Overhead Extension | 10 x 3 | 90-sec |
| 1-arm Triceps Kickback   | 10 x 3 | 90-sec |

## Day 29 – Back, Biceps, and Core

| Exercise                | Reps   | Rest   |
|-------------------------|--------|--------|
| Incline DB I-Y-T Raises | 6 x 3  | 2-min  |
| Bent-over Dumbbell Row  | 10 x 2 | 2-min  |
| One-arm DB Row          | 10 x 3 | 90-sec |
| Alternate Bicep Curls   | 10 x 3 | 2-min  |
| Concentration Curl      | 10 x 2 | 90-sec |
| Plank Drag              | 10 x 3 | 60-sec |

## **Day 30 – Dumbbell Cardio**

- 10 Cossack Squats
- 10 Thrusters
- 15-sec Russian Twist
- 10 Step-up/leg
- 20 Standing Wood Chops (10 per side)
- 8 Pop Squats
- Repeat as many times as possible for 30 minutes.

## **The Fitness Phantom Tips for Achieving Optimal Results**

If you want to get the most out of this program, you should take care of the following things:

### **Nutrition**

Diet is crucial for achieving fitness goals, whether you want to lose or maintain weight or build muscles. A good diet must include all nutrients, such as proteins, carbohydrates, and fats.

Protein intake increases muscle mass, recovers muscle damage, and improves exercise performance.<sup>1</sup>

Carbs provide you with energy during the workout and enhance performance. And fats help the body absorb certain vitamins, and essential fatty acids help the body function efficiently.

Here is the approximate amount of nutrients you can consume – according to the National Institute of Health:<sup>3</sup>

| <b>Diet Component</b> | <b>Recommendation</b>                  |
|-----------------------|--|
| Weekly weight gain    | 0.25–0.5 (% of body weight)            |
| Calories              | +10–20% above maintenance              |
| Protein               | 1.6–2.2 g/kg                           |
| Fats                  | 0.5–1.5 g/kg                           |
| Carbohydrates         | Remaining calories ( $\geq 3$ –5 g/kg) |

Recommended Nutrients for muscle building for beginners and intermediate

## **Consistency**

If you want to build a well-shaped physique, you'll need to work out consistently. Working out frequently will help you gradually increase strength, endurance, and body composition.

# **Progressive Overload**

Progressive overload means increasing the amount of weight you lift over time. A study suggests that the progression of volume load boosts hypertrophy and increases 1RM.

However, if you don't have heavy dumbbells, you can increase the number of repetitions and reduce the interval time.

# **Recovery**

Rest days are crucial for any workout program. They'll help you recover muscle soreness, repair and build up muscle tissue, minimize the risk of injuries, and help you perform better during the workout.