

30 Day One Dumbbell Workout Plan to Build Muscle & Strength

Created by: [Murshid Akram](#)

Full URL: <https://thefitnessphantom.com/one-dumbbell-workout-plan>

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Program Summary

This 30-day workout routine is for those who want to train their full body with just one dumbbell and build muscle, strength, and endurance.

Split Type	Hybrid Split
Sessions/Week	5-6
Time/Session	30 Minutes
Program Duration	30 Days
Workout Goal	Build Muscle & Endurance
Target Gender	Male and Female
Suitable Age Group	16-40 Years
Experienced Require	Beginner to Intermediate
Equipment Needed	One Dumbbell

Workout Description

This program is based on a combined body part split and involves training for four consecutive days followed by a rest day. Here's the split:

- **Day 1:** Legs and Shoulders
- **Day 2:** Chest and Arms
- **Day 3:** Back and Abs
- **Day 4:** Cardio
- **Day 5:** OFF
- Repeat

This split allows you to bolster your entire body within three sessions and work on cardiovascular fitness on the fourth day.

Combining muscle-building and endurance exercises will help you build a strong, aesthetic, and functional body.

30-Day One Dumbbell Workout Plan for Strength and Muscle

Warm-up: Perform [bodyweight cardio exercises](#) and dynamic stretches of your choice for 3-4 minutes to prepare your muscles for single dumbbell workouts.

Rest between sets: 15-30 seconds during cardio exercises, 30-45 seconds during unilateral exercises, and 45-60 seconds during bilateral exercises.

Workout Intensity: Perform muscle-building exercises at a normal pace and cardio at a faster pace.

Let's now uncover the complete schedule.

Day 1 – Legs and Shoulders

Exercise	Sets	Reps
Goblet Squat	3	20
Forward Lunges	3	10/leg
Lying Leg Curl	3	16-20
Overhead Press	3	15/side
Lateral Raises	3	10/side
Bent-over Reverse Fly	3	10/side

Day 2 – Chest and Arms

Exercise	Sets	Reps
Flat Bench Press	3	15/side
Incline Dumbbell Fly	3	10/side
Squeeze Press	3	12-15
Overhead Triceps Extension	3	10/arm
Triceps Kickback	3	10/arm
Concentration Curl	3	10/arm

Day 3 – Back and Abs

Exercise	Sets	Reps
Bent-over Row	4	15/side
Dumbbell Pullover	3	12-15
Dumbbell Superman	3	10/arm
Low to High Chop	3	10/side
Sit-up	3	10-15

Day 4 – Dumbbell Cardio

Exercise	Sets	Reps
Single-arm Swing	4	15/arm
Squat Jacks	4	10-12
One-arm Clean & Press	4	10/side
Plank Drag	4	10/side

Day 5 – OFF

Day 6 – Legs and Shoulders

Exercise	Sets	Reps
Sumo Squat	2	20
Cossack Squat	2	10/leg
Reverse Lunges	3	10/leg
Single-leg Calf Raises	3	15/leg
Lateral Delt Raises	3	10/arm
Shoulder Shrug	3	15/side

Day 7 – Chest and Arms

Exercise	Sets	Reps
Incline Bench Press	3	15/side
Upward Dumbbell Fly	3	10/side
Crush Grip Push-up	3	12-15
Single-arm Tate Press	3	10/arm
One-arm Biceps Curls	3	10/arm
Hammer Curls	3	10/arm

Day 8 – Back and Abs

Exercise	Sets	Reps
Chest Supported Row	4	15/side
Close Grip Bent Over Row	3	10/side
Incline Plank Row	3	10/side
Reverse Crunches	3	10-15
Overhead Side Bend	3	10/side

Day 9 – Dumbbell Cardio

Exercise	Sets	Reps
Single-arm Swing	4	15/arm
Push Press	4	10/side
Single Dumbbell Snatch	4	10/side
Shadow Punches w/ DBs	4	20-sec

Day 10 – OFF

Day 11 – Legs and Shoulders

Exercise	Sets	Reps
Front Squat	3	20-25
Curtsy Lunges	3	10/leg
Leg Curl	3	16-20
Hip Thrust	3	12-15
Overhead Press	3	10/arm
Lateral Delt Raises	4	10/side

Day 12 – Chest and Arms

Exercise	Sets	Reps
Flat Bench Press	3	15/side
Incline Dumbbell Fly	3	10/side
Squeeze Press	3	12-15
Overhead Triceps Extension	3	10/arm
Triceps Kickback	3	10/arm
Concentration Curl	3	10/arm

Day 13 – Back and Abs

Exercise	Sets	Reps
Bent-over Row	4	15/side
Dumbbell Pullover	3	12-15
Dumbbell Superman	3	10/arm
Side Plank Hip Taps	3	10/side
DB Leg Raises	3	10-15

Day 14 – Dumbbell Cardio

Exercise	Sets	Reps
Single-arm Swing	4	15/arm
Squat Jacks	4	10-12
One-arm Clean & Press	4	10/side
Plank Drag	4	10/side

Day 15 – OFF

Day 16 – Legs and Shoulders

Exercise	Sets	Reps
DB Leg Extension	3	12-15
Forward Lunges	3	10/leg
Single-Leg Deadlift	3	8-10/leg
Hamstring Bridge	3	12-15
Overhead Press	3	15/side
Lateral Raises	3	10/side
Bent-over Reverse Fly	3	10/side

Day 17 – Chest and Arms

Exercise	Sets	Reps
Incline Bench Press	3	15/side
Upward Dumbbell Fly	3	10/side
Crush Grip Push-up	3	12-15
Single-arm Tate Press	3	10/arm
One-arm Biceps Curls	3	10/arm
Wrist Curl	3	10/arm

Day 18 – Back and Abs

Exercise	Sets	Reps
Chest Supported Row	4	15/side
Close Grip Bent Over Row	3	10/side
Incline Plank Row	3	10/side
Reverse Crunches	3	10-15
Overhead Side Bend	3	10/side

Day 19 – Dumbbell Cardio

Exercise	Sets	Reps
Single-arm Swing	4	15/arm
Push Press	4	10/side
Single Dumbbell Snatch	4	10/side
Shadow Punches w/ DBs	4	20-sec

Day 20 – OFF

Day 21 – Legs and Shoulders

Exercise	Sets	Reps
Single DB Step-up	2	20
Reverse Lunges	2	10/leg
DB Glute Bridge	3	12-15
Single-leg Calf Raises	3	15/leg
Lateral Delt Raises	3	10/arm
Shoulder Shrug	3	15/side

Day 22 – Chest and Arms

Exercise	Sets	Reps
Flat Bench Press	3	15/side
Incline Dumbbell Fly	3	10/side
Squeeze Press	3	12-15
Overhead Triceps Extension	3	10/arm
Triceps Kickback	3	10/arm
Concentration Curl	3	10/arm

Day 23 – Back and Abs

Exercise	Sets	Reps
Front Squat	3	20-25
Curtsy Lunges	3	10/leg
Leg Curl	3	16-20
Hip Thrust	3	12-15
Overhead Press	3	10/arm
Lateral Delt Raises	4	10/side

Day 24 – Dumbbell Cardio

Exercise	Sets	Reps
Single-arm Swing	4	15/arm
Push Press	4	10/side
Single Dumbbell Snatch	4	10/side
Shadow Punches w/ DBs	4	20-sec

Day 25 – OFF

Day 26 – Legs and Shoulders

Exercise	Sets	Reps
Front Squat	3	20-25
Curtsy Lunges	3	10/leg
Leg Curl	3	16-20
DB Good Morning	3	12-15
Overhead Press	3	10/arm
Lateral Delt Raises	4	10/side

Day 27 – Chest and Arms

Exercise	Sets	Reps
Incline Bench Press	3	15/side
Upward Dumbbell Fly	3	10/side
Crush Grip Push-up	3	12-15
Single-arm Tate Press	3	10/arm
One-arm Biceps Curls	3	10/arm
Hammer Curls	3	10/arm

Day 28 – Back and Abs

Exercise	Sets	Reps
Chest Supported Row	4	15/side
Pronated Grip DB Row	3	10/side
Incline Plank Row	3	10/side
Reverse Crunches	3	10-15
Overhead Side Bend	3	10/side

Day 29 – OFF

Day 30 – Dumbbell Cardio

Exercise	Sets	Reps
Single-arm Swing	4	15/arm
Lunges with Rotation	3	10/side
One-arm Clean & Press	4	10/side
Plank Drag	4	10/side

Can You Build Muscle with Just One Dumbbell?

If you're lean, you can grow your muscle size with just one dumbbell. However, it is difficult to build a lot of mass because of limited resistance.

To grow your muscle mass, you need to constantly push your muscles to work hard with heavier weights.

My Final Suggestions

You have a dumbbell at home but don't know how to use it properly to build muscle and endurance. If that's the case, you should try this 30-day single dumbbell workout plan.

The perfectly outlined exercises and the number of sets and reps make it easier for you to train in an organized way and improve your fitness at home.

You should aim to increase the number of reps and sets over the weeks to force your muscles to work a little harder each week.

However, don't limit your training to just dumbbells. Include bodyweight exercises and resistance band workouts to build strength and grow muscle.

“The reader does not steal, and the thief does not read.”