

# 28-DAY PUSH PULL LEGS DUMBBELL ROUTINE FOR MUSCLE AND STRENGTH

Created by: [Murshid Akram](#)

Check out [article](#) for more info

## Workout Plan Summary

Routine Type	Push Pull Legs (PPL)
Recommended Program Duration	8-Weeks
Frequency per week	3-6 days
Program Goal	Build Muscle and Strength
Workout Level	Beginner to Advanced
Target Gender	Male and Female
Daily Session Duration	30-60 minutes
Equipment Needed	Dumbbells and a Bench
Target Age Group	16-40 years

## 28-Day Push Pull Legs Dumbbell Routine for Muscle and Strength

- Day 1 – Push Workout (Chest, Triceps, and Delts)
- Day 2 – Pull Workout (Back, Biceps, and Forearms)
- Day 3 – Leg Workout (Quads, Hamstrings, and Calves)
- Day 4 – OFF
- Day 5 – Push Workout (Chest, Triceps, and Shoulder)

- Day 6 – Pull Workout (Back, Biceps, and Rear Delt)
- Day 7- Leg Workout (Quads, Hamstrings, and Glutes)
- Day 8 – OFF
- Day 9 – Chest, Shoulder, and Triceps
- Day 10 – Back, Biceps, and Forearms
- Day 11 – Thigh and Glutes
- Day 12 – OFF
- Day 13 – Chest, Triceps, and Shoulder
- Day 14 – Back, Biceps, and Rear Delt
- Day 15 – Thigh and Calves
- Day 16 – OFF
- Day 13 – Chest, Shoulder, and Triceps
- Day 14 – Back, Biceps, and Rear Delt
- Day 15 – Thigh and Glutes
- Day 16 – OFF
- Day 17 – Chest, Triceps, and Delts
- Day 18 – Back, Biceps, and Forearms
- Day 19 – Thigh and Calves
- Day 20 – OFF
- Day 21 – Chest, Shoulder, and Triceps
- Day 22 – Back, Biceps, and Upper Trap
- Day 23 – Thigh and Glutes
- Day 24 – OFF
- Day 25 – Chest, Triceps, and Shoulder
- Day 26 – Back, Biceps, and Rear Delt
- Day 27 – Thigh and Calves
- Day 28 – OFF

**Warm-up before weight training:** I suggest doing five-minute [cardio exercises](#) and [dynamic stretches](#) to activate your muscles before lifting dumbbells. This little warm-up can help enhance your performance and minimize the risk of injuries.

## Day 1 – Push Day (Chest, Triceps, and Delts)

Push Workout	Reps	Sets	Rest
Flat Dumbbell Bench Press	8-12	3	2-min
Incline Dumbbell Bench Press	8-12	3	2-min
Dumbbell Close Grip Push-up	6-10	2	2-min
Dumbbell Overhead Press	8-12	3	2-min
Dumbbell Lateral Raises	8-10	3	1-min
Incline Dumbbell French Press	8-12	3	1-min

## Day 2 – Pull Day (Back, Biceps, and Forearms)

Pull Workout	Reps	Sets	Rest
Dumbbell Deadlift	6-8	3	2-min
Dumbbell Bent-over Row	8-12	3	2-min
One-Arm Dumbbell Row	8-12	3	2-min
Standard Bicep Curl	8-10	3	2-min
Incline Dumbbell Curl	8-12	3	1-min
Dumbbell Wrist Curl	8-12	3	1-min

## Day 3 – Leg Day (Quads, Hamstrings, and Calves)

Leg Workout	Reps	Sets	Rest
Standard Squat	8-12	4	2-min
Reverse Lunges	8-12	2	2-min
<b>Romanian Deadlift</b>	8-12	3	2-min
<b>Lying Leg Curl</b>	8-10	3	1-min
Dumbbell Hip Thrust	8-12	3	1-min
<b>Standing DB Calf Raises</b>	8-12	3	1-min

## Day 4 – OFF

Take a complete day off and let your muscles recover for the next workouts.

## Day 5 – Chest, Triceps, and Shoulder

Push Workout	Reps	Sets	Rest
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Incline Bench Press	8-12	3	2-min
<b>Deficit Push-ups</b>	8-12	3	2-min
Neutral Grip Press	6-10	3	2-min
Alternating Front Raises	8-12	3	2-min
Bent-arm Lateral Raises	8-12	3	2-min
One-arm Tricep Extension	8-12	3	1-min

## Day 6 – Back, Biceps, and Rear Delt

<b>Pull Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Wide Bent-over Row	6-8	3	2-min
<b>DB Pendlay Row</b>	8-12	3	2-min
Incline Plank Row	8-12	3	2-min
Alternating Bicep Curl	8-10	3	2-min
Incline Dumbbell Curl	8-12	3	1-min
Dumbbell Face Pull	8-12	3	1-min

## Day 7 – Quads, Hamstrings, and Glutes

<b>Leg Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
<b>Dumbbell Goblet Squats</b>	8-12	4	2-min
Dumbbell Forward Lunges	8-12	2	2-min
<b>Dumbbell Step-up</b>	8-12	3	2-min
Lying Dumbbell Leg Curl	8-10	3	1-min
Dumbbell Hip Thrust	8-12	3	1-min
Standing DB Calf Raises	8-12	3	1-min

## Day 8 – OFF

Take steam or ice baths to ease your muscle soreness and enhance recovery.

## Day 9 – Chest, Shoulder, and Triceps

Push Workout	Reps	Sets	Rest
Flat DB Bench Press	8-12	3	2-min
Incline Bench Press	8-12	3	2-min
Dumbbell Fly	6-10	3	2-min
Arnold Press	8-12	3	2-min
Chest-Supported Incline Y Raises	8-12	3	2-min
Incline French Press	8-12	3	1-min

## Day 10 – Back, Biceps, and Forearms

Pull Workout	Reps	Sets	Rest
Dumbbell Deadlift	6-8	4	2-min
Chest-Supported Row	10-12	4	2-min
Croc Row	10-12	3	2-min
Spider Curl	10-12	3	2-min
Hammer Curl	10-12	3	1-min
Wrist Curl	10-15	3	1-min

## Day 11 – Thigh and Glutes

Leg Workout	Reps	Sets	Rest
Pop Squats	10-12	3	2-min
Curtsy Lunges	10-12	3	2-min
Single-Leg RDL	8-10	3	2-min
Lying Leg Curl	10-15	3	1-min
Frog Pumps	10-12	3	1-min

## Day 12 – OFF

No workout on day twelve. Go out and enjoy your off day.

## Day 13 – Chest, Triceps, and Shoulder

Push Workout	Reps	Sets	Rest
Incline Bench Press	8-12	3	2-min

DB Deficit Push-up	8-12	3	2-min
Incline Dumbbell Fly	6-10	3	2-min
Alternating Front Raises	8-12	3	2-min
Single-arm Lateral Raise	8-12	3	2-min
One-arm Triceps Kickback	8-12	3	1-min

## Day 14 – Back, Biceps, and Rear Delt

Pull Workout	Reps	Sets	Rest
Wide-arm Bent-Over Row	6-8	4	2-min
Close Grip Bent-over Row	10-12	4	2-min
<b>Dumbbell Lat Pullover</b>	10-12	3	2-min
Rear Delt Dumbbell Fly	10-15	3	1-min
Incline Dumbbell Curl	10-12	3	2-min
Dumbbell Drag Curl	10-12	3	1-min

## Day 15 – Thigh and Calves

Leg Workout	Reps	Sets	Rest
Front Squats	10-12	3	2-min
Bulgarian Split Squat	10-12	3	2-min
<b>DB Skater Squat</b>	6-8	3	2-min
Lying Leg Curl	12-15	3	1-min
Single-leg Calf Raises	15-20	3	1-min

## Day 16 – OFF

Get your body massaged, if possible, take an ice bath or sauna, and let your muscles relax on day sixteen.

## Day 17 – Chest, Shoulder, and Triceps

Push Workout	Reps	Sets	Rest
Flat DB Bench Press	8-12	3	2-min
Incline Bench Press	8-12	3	2-min

Dumbbell Fly	6-10	3	2-min
Arnold Press	8-12	3	2-min
Chest-Supported Incline Y Raises	8-12	3	2-min
Incline French Press	8-12	3	1-min

## Day 18 – Back, Biceps, and Forearms

Pull Workout	Reps	Sets	Rest
Dumbbell Deadlift	6-8	4	2-min
Chest-Supported Row	10-12	4	2-min
DB Pendlay Row	10-12	3	2-min
Spider Curl	10-12	3	2-min
Hammer Curl	10-12	3	1-min
Wrist Curl	10-15	3	1-min

## Day 19 – Thigh and Glutes

Leg Workout	Reps	Sets	Rest
Pop Squats	10-12	3	2-min
Lateral Lunges	10-12	3	2-min
Single-Leg RDL	8-10	3	2-min
Lying Leg Curl	10-15	3	1-min
Frog Pumps	10-12	3	1-min

## Day 20 – OFF

Take a daybreak from your workout, spend time with your family, or focus on your work, and be ready for the next three-day workout.

## Day 21 – Chest, Triceps, and Shoulder

Push Workout	Reps	Sets	Rest
Incline Bench Press	8-12	3	2-min
DB Deficit Push-up	8-12	3	2-min
Incline Dumbbell Fly	6-10	3	2-min
Alternating Front Raises	8-12	3	2-min
Single-arm Lateral Raise	8-12	3	2-min
One-arm Triceps Kickback	8-12	3	1-min

## Day 22 – Back, Biceps, and Upper Trap

Pull Workout	Reps	Sets	Rest
Wide-arm Bent-Over Row	6-8	4	2-min
Close Grip Bent-over Row	10-12	4	2-min
Dumbbell Lat Pullover	10-12	3	2-min
Rear Delt Dumbbell Fly	10-15	3	1-min
Incline Dumbbell Curl	10-12	3	2-min
Shoulder Shrug	10-12	4	1-min

## Day 23 – Thigh and Calves

Workout	Reps	Sets	Rest
<b>Cossack Squat</b>	10-12	3	2-min
Leg Extension	10-12	3	2-min
Romanian Deadlift	6-8	3	2-min
Lying Leg Curl	12-15	3	1-min
Single-leg Calf Raises	15-20	3	1-min

## Day 24 – OFF

Take a complete day off and let your muscles recover for the next workouts.

## Day 25 – Chest, Shoulder, and Triceps

Push Workout	Reps	Sets	Rest
Incline Bench Press	8-12	3	2-min
Decline Bench Press	8-12	3	2-min
Incline Dumbbell Fly	6-10	3	2-min
Arnold Press	8-12	3	2-min
Incline Y Raises	8-12	3	2-min
1-arm Triceps Extension	8-12	3	1-min

## Day 26 – Back, Biceps, and Rear Delt

Pull Workout	Reps	Sets	Rest
Dumbbell Deadlift	6-8	4	2-min

Chest-Supported Row	10-12	4	2-min
Croc Row	10-12	3	2-min
Spider Curl	10-12	3	2-min
Zottoman Curl	10-12	3	1-min
Rear Delt Dumbbell Raise	10-15	3	1-min

## Day 27 – Thigh and Glutes

Workout	Reps	Sets	Rest
Pop Squats	10-12	3	2-min
Curtsy Lunges	10-12	3	2-min
Single-Leg RDL	8-10	3	2-min
Lying Leg Curl	10-15	3	1-min
Frog Pumps	10-12	3	1-min

## Day 28 – OFF

Take a steam bath or sauna to relieve muscle soreness and improve recovery.

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