

# Barbell Home Workout Routine

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Check out [article](#) for more info

## Program Summary

Workout frequency	3-4 days a week
Expected daily workout session	30 minutes
Suggested program duration	8-12 weeks
Equipment needed	Dumbbells and a workout bench
Workout routine goal	Develop muscle and endurance
Targeted gender	Male and Female
Workout level	Beginner to Intermediate
Suggested rest between sets	30-sec to 2-minute

### Tips to perform workout plan effectively:

- Use light dumbbells during your first week.
- Get yourself warm by performing [cardio exercises](#) for five minutes before starting the main workout.
- Increase the weight gradually and note your progress.
- If any exercise is challenging for you, replace it with a similar or your preferred exercise.

## 30-Day Dumbbell Superset Workout Plan to Build Muscle at Home

You can pair any muscle group you want and perform super sets. For example, I've paired push-pull, upper-lower, and compound-isolation workouts in this workout plan. Whether you can follow this workout as they mentioned or customize it depending on your fitness level.

### Day 1 – Upper and Lower

Pair No.	Upper Body	Lower Body	Reps
1	<a href="#">Dumbbell Overhead Press</a>	<a href="#">Dumbbell Front Squat</a>	10 x 2

2	<a href="#">One-arm Dumbbell Row</a>	<a href="#">Dumbbell Step-up</a>	10 x 2
3	<a href="#">Dumbbell French Press</a>	<a href="#">Dumbbell Leg Curl</a>	10 x 2
4	<a href="#">Dumbbell Biceps Curl</a>	<a href="#">Dumbbell Glute Bridge</a>	10 x 2

Day 2 – OFF

Day 3 – Push-Pull (Upper Body)

- [Dumbbell Push Workout](#)
- [Dumbbell Pull Workout](#)

Pair No.	Push	Pull	Reps
1	<a href="#">Incline DB Bench Press</a>	<a href="#">Bent-over DB Row</a>	10 x 3
2	<a href="#">Dumbbell Lateral Raise</a>	<a href="#">DB Rear Delt Raises</a>	10 x 3
3	<a href="#">DB Tricep Extension</a>	<a href="#">Dumbbell Pullover</a>	10 x 3

Day 4 – OFF

Day 5 – Compound and Isolation

Workout No.	Compound Workout	Isolation Exercise	Reps
1	<a href="#">DB Squat to Calf Raise</a>	<a href="#">Dumbbell Front Raise</a>	10 x 3
2	<a href="#">DB Deadlift to Upright Row</a>	<a href="#">Tricep Kickback</a>	10 x 3
3	<a href="#">Dumbbell Push Press</a>	<a href="#">Incline DB Curl</a>	10 x 3

Day 6 – OFF

Day 7 – OFF

Day 8 – Upper and Lower Body

Workout No.	Upper Body	Lower Body	Reps
1	<a href="#">Dumbbell Floor Press</a>	<a href="#">Dumbbell Front Lunges</a>	10 x 2
2	<a href="#">Incline Dumbbell Fly</a>	<a href="#">Dumbbell Sumo Squat</a>	10 x 2
3	<a href="#">Dumbbell Shrug</a>	<a href="#">Dumbbell Leg Extension</a>	10 x 2
4	<a href="#">Dumbbell Side Bend</a>	<a href="#">DB Romanian Deadlift</a>	10 x 2

Day 9 – OFF

Day 10 – Push-Pull Superset Workout

Pair No.	Pull Exercise	Push Exercise	Reps
1	Bent-over DB Row	<a href="#">Dumbbell Arnold Press</a>	10 x 2
2	<a href="#">Dumbbell Facepull</a>	Dumbbell Lateral Raises	10 x 2
3	<a href="#">Dumbbell Hammer Curl</a>	<a href="#">Close Grip Pushup</a>	10 x 2
4	DB Wrist Extension	DB Tricep Kickback	10 x 2

Day 11 – OFF

Day 12 – Compound and Isolation

Pair No.	Compound Exercise	Isolation Exercise	Reps
1	<a href="#">Dumbbell Man maker</a>	Dumbbell Glute Bridge	10 x 3
2	<a href="#">Dumbbell Step-up</a>	<a href="#">Dumbbell Plank Rotation</a>	10 x 3
3	<a href="#">Standing IYT Raises</a>	Concentration Curl	10 x 3

Day 13 – OFF

Day 14 – OFF

Day 15 – Upper and Lower Body

Pair No.	Upper Body	Lower Body	Reps
1	Flat DB Bench Press	Standard Dumbbell Squat	10 x 2
2	Decline DB Bench Press	Lying DB Leg Curl	10 x 2
3	One-arm Dumbbell Row	<a href="#">Dumbbell Curtsy Lunges</a>	10 x 2
4	Dumbbell Reverse Fly	<a href="#">Dumbbell Calf Raises</a>	10 x 2

Day 16 – Push-Pull

Pair No.	Pull Exercise	Push Exercise	Reps
1	Dumbbell Deadlift	Dumbbell Overhead Press	10 x 2
2	Dumbbell Pullover	Dumbbell Deficit Pushup	10 x 2
3	Dumbbell Facepull	Tricep Extension	10 x 2
4	Incline DB Curl	Dumbbell Squeeze Press	10 x 2

Day 17 – OFF

Day 18 – Compound and Isolation

Pair No.	Compound Exercise	Isolation Exercise	Reps
1	<a href="#">Dumbbell Thruster</a>	Incline Dumbbell Fly	10 x 2
2	<a href="#">Dumbbell Renegade Row</a>	<a href="#">Dumbbell Leg Raise</a>	10 x 2
3	RDL to Upright Row	Dumbbell Side Bend	10 x 2
4	<a href="#">Dumbbell Clusters</a>	<a href="#">DB Russian Twists</a>	10 x 2

Day 19 – OFF

Day 20 – Upper and Lower Body

Pair No.	Upper Body	Lower Body	Reps
1	Bent-over Dumbbell Row	Dumbbell Sumo Squat	10 x 2

2	Incline DB Bench Press	Dumbbell Reverse Lunges	10 x 2
3	Dumbbell Lateral Raises	Lying Dumbbell Leg Curl	10 x 2
4	<a href="#">Dumbbell Rear Delt Fly</a>	Dumbbell Glute Bridge	10 x 2

Day 21 – OFF

Day 22 – Push-Pull (Upper Body)

Pair No.	Pull Exercise	Push Exercise	Reps
1	Dumbbell Deadlift	Flat DB Bench Press	10 x 2
2	Dumbbell Curl	Dumbbell Deficit Pushup	10 x 2
3	Dumbbell Pullover	<a href="#">Weighted Tricep Dips</a>	10 x 2
4	<a href="#">Dumbbell Plank Rowing</a>	Single-arm Tricep Extension	10 x 2

Day 23 – OFF

Day 24 – Compound and Isolation

Pair No.	Compound Exercise	Isolation Exercise	Reps
1	<a href="#">Lunges to Overhead Press</a>	Incline Dumbbell Curl	10 x 3
2	<a href="#">Incline DB IYT Raises</a>	Concentration Curl	10 x 3
3	Dumbbell Renegade Row	Dumbbell Facepull	10 x 3

Day 25 – OFF

Day 26 – Upper and Lower Body

Pair No.	Upper Body	Lower Body	Reps
1	Dumbbell Bench Press	Dumbbell Squat	10 x 2
2	Dumbbell Fly	Dumbbell Step-up	10 x 2
3	Dumbbell Sit-ups	Dumbbell Sumo Squat	10 x 2
4	Dumbbell Side Bend	Dumbbell Leg Curl	10 x 2

Day 27 – OFF

Day 28 – OFF

Day 29 – Full Body Dumbbell Superset Workout

Pair no.	Exercise 1	Exercise 2	Reps
1	Dumbbell Squat	One-arm Dumbbell Row	10 x 2
2	Incline DB Bench Press	Dumbbell Bicep Curl	10 x 2
3	Dumbbell Lateral Raises	Dumbbell RDL	10 x 2
4	Dumbbell Reverse Fly	One-arm Tricep Extension	10 x 2

Day 30 – OFF

## The Takeaway

The superset workout training is a great way to build muscles and improve overall fitness while spending less time than traditional workouts. It requires you to perform a pair of exercises one after another with little rest in between.

It is important to incorporate the right pair of exercises when it comes to superset training. For example, you can perform two exercises together that work opposite to one another, for example, a dumbbell bench press and dumbbell rowing.

If you're looking for a well-designed, easy-to-follow, and effective dumbbell superset workout routine to perform at home, you can download the above program and give it a try.

I hope it will help you build muscles, improve your physique and take your fitness to the next level.

I've also created an [ultimate 72-day dumbbell workout plan](#) for all fitness enthusiasts. You can check that out as well if you want to seriously build muscles at home with dumbbells only.

### Related Dumbbell Workout Routines:

- [10-Week Home Workout Plan with Free PDF \(No Gym\)](#)
- [PPL Dumbbell Workout Routine \(3-4-5-6 Day Split w/PDF\)](#)
- [Dumbbell Only Bro Split – The Ultimate 5 Day Workout Plan](#)

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