

# 7-DAY DUMBBELL AND RESISTANCE BAND WORKOUT TO BUILD MUSCLE

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## About Program

- **Routine Type:** Combined Upper Lower Split
- **Training Sets Type:** Superset
- **Sessions/Week:** 5
- **Duration/Session:** 20-30 minutes
- **Workout Type:** Strength Training
- **Program Goal:** Build Muscle and Shape Physique
- **Target Gender:** Male and Female
- **Difficulty Level:** Beginner to Intermediate

## Schedule

- **Monday:** Chest and Front Leg
- **Tuesday:** Back and Rear Leg
- **Wednesday:** OFF
- **Thursday:** Shoulder and Arms
- **Friday:** Chest and Legs
- **Saturday:** Back and Core
- **Sunday:** OFF

## Workout Instruction

- **Warm-up:** Perform some cardio exercises to increase your body temperature and oxygen flow. For example, you can do bodyweight pushups on Chest Day, squats on Leg Day, and mountain climbing before training abs to elevate your heart rate and prepare your muscles for resistance exercises.
- **Reps and Sets Range:** I've kept the reps and sets to standard numbers, which are three for sets and 10-15 for reps.

- **Rest between sets:** The rest time depends on your fitness level and goal. However, I suggest resting for less than a minute for endurance training, 1-3 minutes of rest for muscle-building goals, and 2-4 minutes of intervals during strength workouts.
- **Superset Pairs:** Superset is a time-efficient workout split that involves performing exercises in pairs. Usually, it includes training two antagonist muscles together to get more work done in less time. It can be challenging but will help you take your fitness to the next level.

# 7-Day Dumbbell and Resistance Band Workout Plan

## Monday – Chest and Front Leg

Superset Pairs	Sets	Reps
DB Squat + Banded Push-up	3	12-15
DB Lunges + Incline Chest Press	3	10-12
DB Leg Extension + Banded Chest Fly	3	12-15
Dumbbell Step-up + DB Pullover	3	10-12

## Tuesday – Back and Rear Leg

Superset Pairs	Sets	Reps
<a href="#">Banded Pulldown</a> + Romanian DL	3	12-15
<a href="#">Bent-Over Row</a> + Lying Leg Curl	3	10-12
Seated Banded Row + Hip Thrust	3	12-15
Lat Pullover + <a href="#">DB Calf Raises</a>	3	10-12

## Thursday – Shoulder and Arms

Superset Pairs	Sets	Reps
Overhead Press + Biceps Curl	3	12-15
DB Lateral Raises + Concentration Curl	3	10-12
Rear Delt Raises + Overhead Arm Extension	3	12-15
Banded Shrug + Banded Pushdown	3	10-12

## Friday – Chest and Legs

Superset Pairs	Sets	Reps
Sumo Squat + Flat DB Bench Press	3	12-15
Lateral Lunges + Incline Chest Press	3	10-12

<b>Stiff-Leg Banded Deadlift</b> + Chest Fly	3	12-15
Glute Bridge + <b>Standing One-arm Chest Press</b>	3	10-12

## Saturday – Back and Core

Superset Pairs	Sets	Reps
Bent-over Row + <b>Banded Reverse Crunch</b>	3	12-15
Seated Banded Row + <b>Dumbbell Wood Chop</b>	3	10-12
<b>DB Pendlay Row</b> + Alternate Heel Taps	3	12-15
<b>Superman Pull</b> + <b>Plank Dumbbell Drag</b>	3	10-12

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