



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



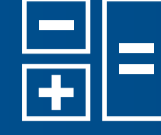
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DUMBBELL ONLY FULL BODY WORKOUT

Short on equipment? No worries! This dumbbell only workout can be used at home or in the gym for building muscle mass. You can also use this as a muscle shock workout to mix things up.

Link to Workout: <https://www.muscleandstrength.com/workouts/dumbbell-only-home-or-gym-fullbody-workout.html>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 3 Days

Time Per Workout: 30 Mins

Equipment: Bodyweight, Dumbbells

Author: Steve Shaw

Monday

Exercise	Sets	Reps
Full Body		
Dumbbell Squat	3	6 - 12
Dumbbell Bench Press	3	6 - 12
One Arm Dumbbell Row	3	6 - 12
Standing Dumbbell Curl	3	6 - 12
Two Arm Seated Dumbbell Extension	3	6 - 12
Sit Up	3	10 - 25

Wednesday

Exercise	Sets	Reps
Full Body		
Dumbbell Step Up	3	6 - 12
Dumbbell Stiff Leg Deadlift	3	6 - 12
Seated Dumbbell Press	3	6 - 12
Standing One Leg Dumbbell Calf Raise	3	10 - 20
Dumbbell Shrug	3	10 - 15
Dumbbell Side Bends	3	10 - 15

Friday

Exercise	Sets	Reps
Full Body		
Dumbbell Lunge	3	6 - 12
Dumbbell Floor Press	3	6 - 12
Wide Grip Pull Up	3	6 - 12
Standing Hammer Curl	3	6 - 12
Lying Dumbbell Extension	3	6 - 12
Lying Floor Leg Raise	3	10 - 25

