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Workouts



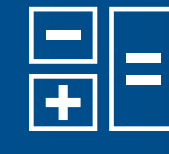
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DUMBBELL ONLY WORKOUT: 5 DAY DUMBBELL WORKOUT SPLIT

This 5 day dumbbell only workout program only requires dumbbells and is perfect for those looking to build lean muscle mass at home or on the go!

Link to Workout: <https://www.muscleandstrength.com/workouts/5-day-dumbbell-only-workout-split>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 12 Weeks

Days Per Week: 5 Days

Time Per Workout: 45 - 60 Mins

Equipment: Bodyweight, Dumbbells

Target Gender: Male & Female

Author: Josh England

Day 1: Chest, Shoulders & Triceps Dumbbell Workout

Exercise	Sets	Reps
1. Dumbbell Bench Press	5	8 - 10
2. Incline Dumbbell Bench Press	4	8 - 10
3. Dumbbell Floor Press	3	8 - 12
4. Standing Dumbbell Press	4	8 - 10
5. Dumbbell Lateral Raise	3	8 - 12
6. Dumbbell Tricep Kickbacks	3	8 - 12

Day 2: Legs & Core Dumbbell Workout

Exercise	Sets	Reps
1. Dumbbell Goblet Squat	4	8 - 10
2. Dumbbell Stiff Leg Deadlift	4	8 - 10
3. Dumbbell Rear Lunge	4	8 - 10 Each
4. Dumbbell Frog Squat	3	8 - 12
5. Dumbbell Calf Raise	4	20
6. Weighted Crunch	3	20
7. Side Planks	3	20 Secs Each

Day 3: Back & Biceps Dumbbell Workout

Exercise	Sets	Reps
1. Dumbbell Bent Over Row	4	8 - 12
2. Tripod Dumbbell Row	4	8 - 12 Each
3. Dumbbell Pullover	3	8 - 12
4. Reverse Grip Dumbbell Row	4	8 - 12
5. Dumbbell Bicep Curl	3	10 - 15
6. Dumbbell Hammer Curl	3	10 - 15

Day 4: Legs & Core Dumbbell Workout

Exercise	Sets	Reps
1. Dumbbell Squat	4	8 - 10
2. Dumbbell Deadlift	4	8 - 10
3. Dumbbell Split Squat	3	8 - 12 Each
4. Dumbbell Hip Thrust	4	10 - 15
5. Dumbbell Calf Raise	4	20
6. Dumbbell Side Bends	3	15 Each
7. Plank	3	20 Secs

Day 5: Complete Upper Body Dumbbell Workout

Exercise	Sets	Reps
1. One Arm Dumbbell Rows	4	8 - 10 Each
2. Dumbbell Arnold Press	4	8 - 10
3. Incline Dumbbell Bench Press	4	8 - 12
4. Chest Supported Dumbbell Row	3	8 - 12
5. Dumbbell Pinwheel Curl	2	8 - 12
6. Overhead Dumbbell Tricep Extension	3	8 - 12
7. Dumbbell Shrug	3	12 - 15