



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



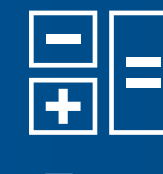
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5 DAY WOMEN'S DUMBBELL ONLY WORKOUT

Build muscle at home or in the gym with this 8-week workout routine! This program is designed with extra emphasis on the lower body and can be done in as little as 30 minutes.

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

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 5 Days

Time Per Workout: 30-60 Mins

Equipment: Dumbbells

Author: Roger "Rock" Rockridge

Day 1: Chest and Shoulders

Exercise	Sets	Reps	Rest
Dumbbell Fly	3	15 - 20	60 seconds
Incline Dumbbell Press	3	15 - 20	60 seconds
Push Up	3	15 - 20	60 seconds
Arnold Press	3	15 - 20	60 seconds
Single Arm Lateral Raise	3	20 each arm	60 seconds
Dumbbell Upright Row	3	20	60 seconds

Day 2: Quadriceps and Calves

Exercise	Sets	Reps	Rest
Dumbbell Jump Squat	3	15 - 20	60 seconds
Dumbbell Bulgarian Split	3	15 - 20 each leg	60 seconds
Dumbbell Leg Extention	3	20	60 seconds
Standing Single Leg Calf Raise	3	20	60 seconds
Seated Dumbbell Calf Raise	3	20	60 seconds

Day 4: Upper Back and Abs

Exercise	Sets	Reps	Rest
Two Arm Dumbbell Row	3	15 - 20	60 seconds
Dumbbell Pullover	3	15 - 20	60 seconds
Bent Over Rear Delt Fly	3	15 - 20	60 seconds
Dumbbell Shrug	3	15 - 20	60 seconds
Weighted Crunch	3	20	60 seconds
Dumbbell Knee-In	3	20	60 seconds

Day 5: Hamstrings and Glutes

Exercise	Sets	Reps	Rest
Stiff Leg Deadlift	3	15 - 20	60 seconds
Dumbbell Hamstring Curl	3	15 - 20	60 seconds
Walking Lunge	3	15 - 20	60 seconds
Dumbbell Glute Bridge	3	15 - 20	60 seconds
Dumbbell Sumo Squat	3	15 - 20	60 seconds

Day 6: Biceps and Triceps

Exercise	Sets	Reps	Rest
One Arm Overhead Dumbbell Extention	3	15 - 20 each arm	60 seconds
Dumbbell Tricep Kickbacks	3	15 - 20 each arm	60 seconds
Neutral Grip Dumbbell Press	3	15 - 20	60 seconds
Incline Dumbbell Curl	3	15 - 20	60 seconds
Standing Hammer Curl	3	15 - 20	60 seconds
Zottman Curl	3	15 - 20	60 seconds