

Dumbbell HIIT Workout PDF

Created by [Murshid Akram](#)

Administrator of [The Fitness Phantom](#)

1	Dumbbell Jumping Jacks	2	Dumbbell Burpees
3	Dumbbell Squats	4	Dumbbell Jump Squats
5	Dumbbell crunches	6	Dumbbell Surrenders
7	Dumbbell Push Press	8	Dumbbell Man Makers
9	Dumbbell High Knees	10	Dumbbell Thruster
11	Dumbbell Swings	12	Dumbbell Step-up

30-Min HIIT Weight Training Workout Routine with Dumbbells

You can do the above weighted HIIT workouts in two intervals, such as 30 seconds of work with 30 seconds of rest. It is just an example; you can increase or decrease the interval time between sets.

Circuit-1	Circuit-2	Circuit-3
Jumping Jacks	Dumbbell High Knees	Jump Squats
Burpees	Dumbbell-Thruster	Squats
Squats	Dumbbell Power Makers	Dumbbell Surrenders
Crunches	crunches	Dumbbell Push Press

Dumbbell Push Press	Squats	Dumbbell Step-up
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Check out different [HIIT dumbbell workout plans](#).

Since you're here, you may also like some of the related articles:

- [Full Body Dumbbell Workout For Weight Loss](#)
- [The Best HIIT Exercises And Workout Plan](#)
- [HIIT Vs Steady-State Cardio \(All You Need To Know\)](#)
- [Why HIIT Rowing Machine Workout Is The Best](#)
- [A Complete Guide To HIIT Boxing Workout Training](#)