

# 30-Day Dumbbell Workout Plan

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## Overview

DAY 1: Quads, Chest, and Triceps

DAY 2: Back, Biceps, and Forearms

DAY 3: Shoulder and Abs

DAY 4 (Rest)

DAY 5: Chest, Triceps, Hamstring and Glutes

DAY 6: Back, Biceps, Calves

DAY 7 (Rest)

DAY 8: Quadriceps, Shoulders, Abs

DAY 9: Chest, Triceps, Hamstring, and Glute

DAY 10: Back, Biceps, and Forearm

DAY 11: Rest

DAY 12: Quads, Shoulders, and Calves

DAY 13: Chest, Triceps, and Abs

DAY 14: Rest

DAY 15: Back, Biceps, Hamstring, and Glute

DAY 16: Shoulder, Quads, Calves

DAY 17: Chest, Triceps, and Core

DAY 18: Rest

DAY 19: Back, Biceps, Hamstring, and Glute

DAY 20: Quads, Shoulders, and Calves

DAY 21: Rest

DAY 22: Chest, Triceps, and Abs

DAY 23: Back, Biceps, Hamstring, and Glute

DAY 24: Shoulder, Quads, and Calves

DAY 25: Rest

DAY 26: Chest, Triceps, and Core

DAY 27: Back, Biceps, Hamstring, and Glute

DAY 28: Quads, Shoulders, and Calves

DAY 29: Chest, Triceps, and Abs

DAY 30: Back, Biceps, and Forearms

**Note:** You can do [HIIT bodyweight workouts](#), such as burpee, jumping jacks, high knees, and mountain climber for five minutes to warm up.

### DAY 1: Quads, Chest, and Triceps

Workout	Reps	Sets	Rest
Dumbbell Squat	12-16	2	1-3 min
Dumbbell Lunges	10-12	2	1-2 min
Flat DB Bench Press	10-12	3	1-3 min
Incline DB Bench Press	10-2	3	1-3 min
Dumbbell Chest Fly	10-12	2	1-2 min
<a href="#">Lying Triceps Extension</a>	10-12	2	1-2 min
<a href="#">Behind the Neck Triceps extension</a>	12-15	2	1-2 min
Dumbbell Triceps Kickback	8-10	2	1-2 min

### DAY 2: Back, Biceps, and Forearms

Workout	Reps	Sets	Rest
<a href="#">Dumbbell Superman Pull</a>	8-10	2	1-2 min
<a href="#">One-Arm DB Rowing</a>	8-12	3	1-2 min
<a href="#">Dumbbell I-Y-T Raises</a>	6-8	3	1-3 min
Dumbbell Bent-Over Row	10-12	2	1-2 min
<a href="#">Alternate Dumbbell Curl</a>	8-12	3	1-2 min
DB Concentration Curl	8-12	2	1-2 min
<a href="#">Incline Bench Preacher Curl</a>	8-12	2	1-2 min
<a href="#">Palms-up Wrist Curl</a>	10-12	2	< 1-min
Palms-down Wrist Curl	10-12	2	< 1-min

### DAY 3: Shoulder and Abs

Workout	Reps	Sets	Rest
<a href="#">Overhead Press</a>	12-15	3	1-3 min

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
<a href="#">Dumbbell Front Raise</a>	8-12	3	1-3 min
<a href="#">Dumbbell Lateral Raise</a>	8-12	3	1-3 min
<a href="#">Dumbbell Rear Delt Fly</a>	8-12	3	1-3 min
Dumbbell Upright Row	10-12	2	1-2 min
DB Standing Side Bend	8-12	2	< 1-min
Dumbbell Russian Twist	8-12	2	< 1-min
DB Reverse Crunches	8-12	2	< 1-min

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### DAY 4 (Rest)

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### DAY 5: Chest, Triceps, Hamstring and Glutes

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
<a href="#">Dumbbell Floor Press</a>	10-12	3	1-2 min
Incline DB Bench Press	10-12	3	1-2 min
<a href="#">Dumbbell Pullover</a>	8-10	3	1-2 min
Single-arm Overhead Triceps Extension	8-12	2	1-2 min
Dumbbell Kickback	8-12	2	1-2 min
<a href="#">DB Romanian Deadlift</a>	6-8	2	1-2 min
<a href="#">Dumbbell Leg Curl</a>	8-10	2	1-2 min
Dumbbell Glute Bridge	8-10	2	1-2 min

### DAY 6: Back, Biceps, Calves

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
<a href="#">Dumbbell Deadlift</a>	6-8	3	1-2 min
Dumbbell I-Y-T Raises	6-8	3	1-3 min
One-arm DB Rowing	8-10	3	1-2 min
<a href="#">Dumbbell Face Pull</a>	8-12	2	1-2 min
<a href="#">Seated Dumbbell Curl</a>	10-12	3	1-3 min
Incline Dumbbell Curl	10-12	3	1-2 min
<a href="#">Hammer Curl</a>	8-10	2	1-2 min
<a href="#">Dumbbell Calf Raises</a>	10-12	3	1-2 min

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### DAY 7 (Rest)

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### DAY 8: Quadriceps, Shoulders, Abs

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
<a href="#">Dumbbell Goblet Squat</a>	12-15	2	1-3 min
Dumbbell Reverse Lunges	10-12	3	1-2 min
<a href="#">Dumbbell Leg Extension</a>	10-12	2	1-2 min
Overhead Shoulder Press	10-12	3	1-3 min
Dumbbell Lateral Raise	8-10	3	1-2 min
Dumbbell Shrug	10-12	3	1-2 min
Dumbbell Crunches	8-10	2	<1 min

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Dumbbell Leg Raise	8-10	2	<1 min

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### DAY 9: Chest, Triceps, Hamstring, and Glute

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Flat DB Bench Press	10-15	3	1-3 min
Decline DB Bench Press	8-12	3	1-3 min
Incline Dumbbell Fly	10-12	2	1-3 min
<a href="#">DB Floor Squeeze Press</a>	10-12	2	1-2 min
Lying Tricep Extension	10-12	3	1-2 min
<a href="#">DB Crush Grip Pushup</a>	8-12	3	1-3 min
<a href="#">DB Good Morning</a>	8-10	2	1-2 min
<a href="#">DB Glute Bridge</a>	8-10	2	1-2 min

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### DAY 10: Back, Biceps, and Forearm

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Dumbbell Superman Pull	8-10	2	1-2 min
Dumbbell Bent-over Row	8-12	3	1-2 min
One-arm Dumbbell Row	8-12	3	1-3 min
Alternate Dumbbell Curl	8-12	3	1-2 min
DB Concentration Curl	8-12	2	1-2 min
<a href="#">Incline DB Prone Bicep Curl</a>	8-12	2	1-2 min
Palms-up Wrist Curl	10-12	2	< 1-min
Palms-down Wrist Curl	10-12	2	< 1-min

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**DAY 11: Rest**

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**DAY 12: Quads, Shoulders, and Calves**

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Dumbbell Squat	12-15	3	1-3 min
Dumbbell Step-up	10-12	3	1-2 min
Dumbbell Sumo Squat	12-15	2	1-2 min
Arnold Press	10-12	4	1-3 min
Dumbbell Lateral Raise	8-10	3	1-3 min
Dumbbell Rear Delt Fly	10-12	3	1-3 min
Standing DB Calf Raises	12-15	3	1-2 min

**DAY 13: Chest, Triceps, and Abs**

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Dumbbell Floor Press	10-12	3	1-2 min
Incline DB Bench Press	10-12	3	1-2 min
Dumbbell Pullover	8-10	3	1-2 min
One-arm Overhead Triceps Extension	8-12	2	1-2 min
Dumbbell Kickback	8-12	2	1-2 min
Dumbbell Side Bend	6-8	2	1-2 min
DB Reverse Crunches	8-10	2	1-2 min
DB Straight-arm Situp	8-10	2	1-2 min

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**DAY 14: Rest**

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**DAY 15: Back, Biceps, Hamstring, and Glute**

Workout	Reps	Sets	Rest
Dumbbell Deadlift	6-8	3	1-2 min
Dumbbell I-Y-T Raises	6-8	3	1-3 min
Dumbbell Face Pull	8-10	3	1-2 min
Seated Dumbbell Curl	8-12	2	1-2 min
Standing Preacher Curl	10-12	3	1-3 min
Concentration Curl	10-12	3	1-2 min
Dumbbell Leg Curl	8-10	3	1-2 min
<a href="#">One-arm DB Leg Deadlift</a>	6-8	3	1-2 min

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**DAY 16: Shoulder, Quads, Calves**

Workout	Reps	Sets	Rest
DB Overhead Press	12-15	4	1-3 min
Dumbbell Front Raise	8-12	3	1-3 min
Dumbbell Upright Row	8-12	3	1-3 min
Dumbbell Shrug	8-12	3	1-2 min
Dumbbell Lunges	10-12	2	1-3 min
DB Leg Extension	8-12	2	1-2 min
Dumbbell Split Squat	8-12	2	1-3 min
Standing Calf Raises	8-12	3	1-2 min

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**DAY 17: Chest, Triceps, and Core**

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Flat DB Bench Press	10-15	3	1-3 min
Decline DB Bench Press	8-12	3	1-3 min
Incline Dumbbell Fly	10-12	2	1-3 min
DB Squeeze Press	10-12	2	1-3 min
DB Crush Grip Pushup	8-12	2	1-3 min
One-arm Overhead Triceps Extension	8-12	2	1-3 min
Standing DB Side Bend	8-10	2	<1-min
DB Reverse Crunch	8-10	2	<1-min
Dumbbell Side Plank	20-sec	2	<1-min

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**DAY 18: Rest**

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**DAY 19: Back, Biceps, Hamstring, and Glute**

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
DB Superman Pull	8-10	2	1-2 min
DB One-Arm DB Rowing	8-12	3	1-2 min
DB Bent-Over Row	10-12	3	1-2 min
Alternate Dumbbell Curl	8-12	3	1-2 min
Dumbbell Hammer Curl	8-12	3	1-2 min
DB Romanian Deadlift	6-8	3	1-2 min
Dumbbell Leg Curl	8-12	3	< 1-min



<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Dumbbell Glute Bridge	10-12	3	< 1-min

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### DAY 20: Quads, Shoulders, and Calves

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Dumbbell Squat	12-15	3	1-3 min
Dumbbell Step-up	10-12	3	1-2 min
DB Reverse Lunges	12-15	2	1-2 min
Dumbbell Arnold Press	10-12	4	1-3 min
Dumbbell Lateral Raise	8-10	3	1-3 min
Dumbbell Rear Delt Fly	10-12	3	1-3 min
Dumbbell Front Raises	8-12	3	1-2 min
Standing DB Calf Raises	12-15	3	1-2 min

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### DAY 21: Rest

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### DAY 22: Chest, Triceps, and Abs

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Dumbbell Floor Press	10-12	4	1-2 min
Incline DB Bench Press	10-12	4	1-2 min
Dumbbell Pullover	8-10	3	1-2 min
One-arm Overhead Triceps Extension	8-12	3	1-2 min
Dumbbell Kickback	8-12	3	1-2 min

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Dumbbell Side Bend	6-8	2	1-2 min
DB Reverse Crunches	8-10	2	1-2 min
DB Straight-arm Situp	8-10	2	1-2 min

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### DAY 23: Back, Biceps, Hamstring, and Glute

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Dumbbell Deadlift	6-8	4	1-2 min
Dumbbell I-Y-T Raises	6-8	3	1-3 min
DB Chest Supported Row	8-10	3	1-2 min
Seated Dumbbell Curl	8-12	3	1-2 min
Standing Preacher Curl	8-12	3	1-3 min
Concentration Curl	8-12	3	1-2 min
One-arm DB Leg Deadlift	8-12	3	1-2 min
Dumbbell Glute Bridge	8-12	3	1-2 min

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### DAY 24: Shoulder, Quads, and Calves

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Arnold Press	12-15	4	1-3 min
Dumbbell Front Raise	8-12	3	1-3 min
Lateral Raises	8-12	3	1-3 min
Dumbbell Upright Row	8-12	3	1-3 min
Dumbbell Lunges	10-12	3	1-3 min
DB Leg Extension	8-12	3	1-2 min

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Dumbbell Split Squat	8-12	2	1-3 min
Standing Calf Raises	8-12	3	1-2 min

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**DAY 25: Rest**

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**DAY 26: Chest, Triceps, and Core**

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Flat DB Bench Press	10-15	3	1-3 min
Decline DB Bench Press	8-12	3	1-3 min
Incline Dumbbell Fly	10-12	2	1-3 min
DB Squeeze Press	10-12	2	1-2 min
DB Crush Grip Pushup	10-12	3	1-3 min
Bench Dips	8-12	3	1-2 min
Dumbbell Side Bend	8-10	2	<1-min
Dumbbell Side Plank	20-sec	2	<1-min
Dumbbell Crunches	8-10	2	<1-min

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**DAY 27: Back, Biceps, Hamstring, and Glute**

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Dumbbell Bent-Over Row	8-10	3	1-2 min
DB One-Arm DB Rowing	8-12	3	1-2 min
DB Superman Pull	10-12	3	1-2 min

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Seated Dumbbell Curl	8-12	3	1-2 min
Incline Prone Bicep Curl	8-12	3	1-2 min
Dumbbell Good Morning	6-8	2	1-2 min
Dumbbell Leg Curl	8-12	2	1-2 min
Dumbbell Glute Bridge	10-12	3	1-2 min

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### DAY 28: Quads, Shoulders, and Calves

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Dumbbell Squat	12-15	3	1-3 min
Dumbbell Step-up	10-12	3	1-2 min
DB Reverse Lunges	8-12	3	1-2 min
Dumbbell Arnold Press	10-12	4	1-3 min
Dumbbell Lateral Raise	8-10	3	1-3 min
Dumbbell Rear Delt Fly	10-12	3	1-3 min
Dumbbell Shrug	8-12	3	1-2 min
Standing DB Calf Raises	12-15	3	1-2 min

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### DAY 29: Chest, Triceps, and Abs

<b>Workout</b>	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Dumbbell Floor Press	10-12	4	1-2 min
Incline DB Bench Press	10-12	4	1-2 min
Dumbbell Pullover	8-10	3	1-2 min
DB Squeeze Press	8-12	3	1-2 min

Workout	Reps	Sets	Rest
Dumbbell Kickback	8-12	3	1-2 min
Dumbbell Side Bend	6-8	2	1-2 min
DB Reverse Crunches	8-10	2	1-2 min
DB Straight-arm Situp	8-10	2	1-2 min

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### DAY 30: Back, Biceps, and Forearms

Workout	Reps	Sets	Rest
Dumbbell Deadlift	6-8	4	1-2 min
Dumbbell I-Y-T Raises	6-8	3	1-2 min
One-Arm-DB Rowing	10-12	3	1-2 min
Dumbbell Reverse Fly	10-12	2	1-2 min
Incline DB Curl	10-12	3	2-3 min
Concentration Curl	10-12	3	1-2 min
Incline Prone Bicep Curl	8-12	3	1-2 min
Palms-up Wrist Curl	15	2	1-2 min
Palms-down Wrist Curl	10	2	1-2 min

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## Frequently Asked Questions

### 1. Can I build muscle with dumbbells only?

Yes, you can build strength and beef up muscle mass with dumbbells only. A study suggests that [free weight training](#) with dumbbells and barbells increases free testosterone in men.

Barbells are great for lifting weights however, dumbbell allows a full range of motion and helps you target the muscles more effectively. Moreover, you can also work more on your weaker side with DB unilateral workouts.

**Related:** [Dumbbells Vs Barbells](#)

## **2. How long will it take to build muscle?**

It depends on various things, such as consistency, [nutrition](#), your daily life routine, and how much time your body takes to respond. If you take care of all these things, you may start seeing results in a couple of months.

**Related:** [How Long Does It Take To Build Noticeable Muscle?](#)

## **3. Can I incorporate barbell, body weight, and resistance band workouts?**

Yes, you can! Including various workouts in the dumbbell workout program will be more effective and help you build muscles quickly.

You can incorporate the exercises from the below routines if you like:

- 1) [Bodyweight Workout Plan To Get Ripped](#)
- 2) [Barbell Workout Routine At Home](#)
- 3) [4 Week Resistance Band Training Program](#)

## **4. Should I do all exercises back to back or all sets of one exercise before moving on to the next one?**

Perform all sets of each workout with needed rest between them before moving on to the next workout.

# **Alternate Dumbbell Workout Routines**

- [Free 12 Week Dumbbell Workout Plan](#)
- [4-Day Split Dumbbell Workout](#)
- [5 Day Dumbbell Workout Split](#)
- [6 Day Dumbbell Workout Routine](#)
- [No Bench Dumbbell Exercise Plan](#)

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