

5 Day Split Training and Full Body Dumbbell Workout Plan

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5 Day Split Dumbbell Workout to Build Muscles

Schedule

- Monday – Chest, Triceps, and Calves
- Tuesday – Back, Biceps, and Hamstrings
- Wednesday – Shoulders, Quadriceps and Glute
- Thursday – OFF
- Friday – Chest, Triceps, and Core
- Saturday – Back, Biceps, Quad, and Hamstrings
- Sunday – OFF

Monday – Chest, Triceps, and Calves

Workout	Sets	Reps
Dumbbell Bench Press	4	8-12
Incline Dumbbell Bench Press	3	8-10
Dumbbell Pullover	2	8-10
Incline DB French Press	3	8-12
Dumbbell Tricep Kickbacks	3	8-12
Standing Calf Raises	3	10-12

Tuesday – Back, Biceps, and Hamstrings

Workout	Sets	Reps
Dumbbell Incline I-Y-T Raises	3	6-8
Dumbbell Bent-Over Row	3	8-12

One-Arm Dumbbell Row	3	8-10
Alternate Bicep Curl	3	8-12
Concentration Curl	2	8-12
Dumbbell Hammer Curl	2	8-12
Dumbbell Leg Curl	3	6-10

Wednesday – Shoulders, Quadriceps and Glute

Workout	Sets	Reps
Dumbbell Overhead Press	4	8-12
Dumbbell Lateral Raises	3	8-12
Dumbbell Rear Delt Fly	3	8-10
Dumbbell Upright Row	2	8-10
Dumbbell Squat	4	10-12
Dumbbell Lunges	2	8-10
Dumbbell Glute Bridge	2	8-10

Friday – Chest, Triceps, and Core

Workout	Sets	Reps
Flat DB Bench Press	4	8-12
Dumbbell Fly	3	8-10
Dumbbell Squeeze Press	2	8-10
Overhead Triceps Extension	3	8-12
Dumbbell Close Grip Push-up (On knees or toes)	2	8-12
Standing DB Side Bend	2	8-10
Dumbbell Reverse Crunches	2	6-10

Saturday – Back, Biceps, Quad, and Hamstrings

Workout	Sets	Reps
Dumbbell Standard Deadlift	3	6-8
Neutral Grip Bent-Over Row	3	8-12
Dumbbell Facepull	2	8-10
Incline Bicep Curl	2	8-12
Dumbbell Crossbody Curl	2	8-12
Dumbbell Preacher Curl	2	8-10
Dumbbell Squat	4	8-12
Stiff-Legged Deadlift	3	6-8

Full Body 5 Day Dumbbell Workout Program

Monday

Workout	Muscle Worked	Sets	Reps
Dumbbell Squat	Legs	3	8-12
Dumbbell Bench Press	Chest	3	8-12
Dumbbell Pullover	Chest, Lats	3	8-10
Dumbbell Lateral Raises	Shoulder	3	8-10
Dumbbell Single-arm Row	Back	3	8-12
Standing Dumbbell Side Bend	Core	2	8-10

Tuesday

Workout	Muscle Worked	Sets	Reps
Dumbbell Deadlift	Back, Legs	3	6-8
Dumbbell IYT Raises	Shoulder, Back	3	6-8
Incline DB Bench Press	Chest	3	8-12
Dumbbell Upright Row	Shoulder, Back	3	8-10
Dumbbell Bent-Over Row	Back	3	8-12
Dumbbell Bicep Curl	Biceps	3	8-10

Wednesday

Workout	Muscle Worked	Sets	Reps
Dumbbell Lunges	Legs	3	6-8
Dumbbell Overhead Press	Shoulder	3	6-8
Incline DB French Press	Triceps	3	8-12
Standing Side Bend	Core	3	8-10
Dumbbell Bicep Curl	Biceps	3	8-12
Romanian Deadlift	Hamstrings	3	8-10

Friday

Workout	Muscle Worked	Sets	Reps
Dumbbell Step-up	Legs	3	8-12
Dumbbell Bench Press	Chest	3	8-12
Dumbbell Pullover	Chest, Lats	3	8-10
Dumbbell Rear Delt Raises	Shoulder	3	8-10
Dumbbell Single-arm Row	Back	3	8-12
Dumbbell Reverse Crunches	Core	2	8-10

Saturday

Workout	Muscle Worked	Sets	Reps
Dumbbell IYT Raises	Shoulder, Back	3	6-8
Incline DB Bench Press	Chest	3	8-12
Dumbbell Upright Row	Shoulder, Back	3	8-10
Dumbbell Bent-Over Row	Back	3	8-12
Dumbbell Reverse Lunges	Legs	3	8-10
Dumbbell Glute Bridge	Glutes	3	8-10

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- [5 Day Dumbbell Workout Split](#)
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