

# UPPER BODY DUMBBELL EXERCISES AND WORKOUT ROUTINE

Created by: [Murshid Akram](#)

Check out [article](#) for more info

## 30 Best Upper Body Dumbbell Exercises for Muscle Building

[1. FLAT BENCH PRESS](#)

[2. INCLINE BENCH PRESS](#)

[3. CHEST FLY](#)

[4. DECLINE SQUEEZE PRESS](#)

[5. PULLOVER](#)

[6. OVERHEAD PRESS](#)

[7. FRONT RAISES](#)

[8. LATERAL RAISE](#)

[9. REAR DELT FLY](#)

[10. SHOULDER SHRUG](#)

[11. ALTERNATE BICEP CURL](#)

[12. ALTERNATE HAMMER CURL](#)

[13. CONCENTRATION CURL](#)

[14. INCLINE DUMBBELL CURL](#)

[15. OVERHEAD TRICEPS EXTENSION](#)

[16. French Press](#)

[17. TRICEPS KICKBACK](#)

[18. FLOOR PRESS](#)

[19. BENT-OVER ROW](#)

[20. SINGLE ARM KNEELING ROWING](#)

[21. INCLINE I-Y-T RAISES](#)

[22. REVERSE FLY](#)

[23. CHEST SUPPORTED ROW](#)

[24. WRIST EXTENSION](#)

[25. PALMS-UP WRIST CURL](#)

[26. RUSSIAN TWIST](#)

[27. SIDE PLANK](#)

[28. REVERSE CRUNCHES](#)

[29. WOODCHOP](#)

[30. LEG LIFTS](#)

## 30 Minute Upper Body Dumbbell Workout Routine for Beginners

Here are some examples of dumbbell upper body workout routines for beginners. You can perform them as I've structured or adjust them according to your fitness level.

### Monday

Exercises	Muscles Worked	Reps
Flat Bench Press	Chest	12 x 3
Incline Bench Press	Chest	12 x 3
Lateral Raises	Triceps, Chest	12 x 3
Rear Delt Fly	Triceps	12 x 3
One-arm Tricep Extension	Triceps	12 x 2

### Wednesday

Exercises	Muscles Worked	Reps
DB Bent-Over Row	Back	12 x 3

One-arm Row	Back	12 x 3
Chest Supported Row	Back	12 x 3
DB Alternate Bicep curl	Biceps	12 x 3
DB Hammer Curl	Biceps	12 x 3

dumbbell workout routine upper body

### Friday

Exercises	Muscles Worked	Reps
DB Bent-Over Row	Back	12 x 3
Incline Bench Press	Back	12 x 3
Dumbbell Lateral	Back	12 x 3
French Press	Biceps	12 x 3
Dumbbell Curl	Biceps	12 x 3

dumbbell workout routine upper body

## Example of 1 Hour Dumbbell Upper Body Workout Plan

You can include these examples in your [upper/lower split dumbbell workout program](#) to build muscles.

### Day 1

Exercises	Muscles Worked	Reps
Incline DB Bench Press	Chest	15 x 4
Flat Dumbbell Fly	Chest	12 x 3
Dumbbell Pullover	Chest	12 x 3
Lateral Raises	Triceps, Chest	12 x 3
Rear Delt Fly	Triceps	12 x 3
French Press	Triceps	12 x 3
One-arm Tricep Extension	Triceps	10 x 3/side

### Day 2

Exercises	Muscles Worked	Reps
DB Bent-Over Row	Back	12 x 3
Lying DB I-Y-T Raises	Back	12 x 3
One-arm Row	Back	12 x 3
DB Alternate Bicep curl	Biceps	12 x 3
DB Hammer Curl	Biceps	12 x 3
Dumbbell Woodchop	Core	10 x 2/side

## Day 3

Exercises	Muscles Worked	Reps
Bench Press	Chest	12 x 3
Arnold Press	Shoulder	12 x 3
Lateral Raise	Shoulder	12 x 3
Dumbbell Facepull	Shoulder & Trap	12 x 3
Dumbbell Crunches	Core	AMRAP
Dumbbell Side Plank	Core	30-sec/ side

### Check out Workout Routines:

- [PPL Dumbbell Workout Routine \(3-4-5-6 Day Split w/PDF\)](#)
- [30-Day Dumbbell Superset Workout Plan at Home with PDF](#)
- [10 Week Home Workout Plan with Free PDF \(No Gym\)](#)
- [The Ultimate 30-Day Dumbbell Only Weight Loss Program](#)
- [No Bench Dumbbell Workout Plan with PDF](#)

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