

5-Day Dumbbell Workout Split

The split workout means exercising according to your body regions. For example, training the [upper body](#) on day one and the [lower body](#) on day 2.

I've shared the two types of dumbbell split workout routines for three different purposes.

The first routine is for those who are already in good shape but wants to build more muscles and improve their physique. And for them also who are lean and want to increase muscle mass.

The second one is for those who are looking to [lose weight through dumbbell exercises](#).

Here's the Summary of 5-Day Dumbbell Workout Split

Routine Type	Split Workout
Main Goal	Muscle Gain and Weight Loss
Duration of Daily Workout	60 to 75 Minutes
Training Level	Beginner to Intermediate
Workout Frequency	5 days a week
Recommend Muscle Gain Supplements	Mass Extreme , Nutrigo Lab Mass ,
Weight Loss Supplements	12 Weight Loss Supplements

Related: [12 Week Dumbbell Workout Plan \(With Free PDF\)](#)

List Of Dumbbell Exercises For Major Muscles Group

Leg	<u>Chest</u>	<u>Triceps</u>	<u>Shoulders</u>	<u>Back</u>	<u>Biceps</u>	<u>Abs</u>
Dumbbell Lunges	DB Bench Press (Flat, Incline and Decline)	Dumbbell Overhead Extensions	Dumbbell Overhead Shoulder Press	Dumbbell Bent-Over Row	Concentration curl	Dumbbell Wood Chop
Dumbbell Squat (Different Variations)	Dumbbell Fly (All variations)	Dumbbell Floor Press	Dumbbell Front Raise	DB Incline I-Y-T Raises	Alternate Bicep curls	Dumbbell Side Bend
Dumbbell Deadlift (Different Variations)	Dumbbell Pullover	Dumbbell Triceps Kickback	Dumbbell Lateral Raise	Kneeling One-Arm Dumbbell Row	Dumbbell Hammer Curl	Crunches
Sumo Squat	Dumbbell Squeeze Press	Neutral grip Bench Press	Dumbbell Upright Row	Bent Over Reverse Back Fly	Incline Bicep Curl	Dumbbell Russian Twist
DB Leg Curl	---	Single Arm DB Extension	Rear Delt Fly	Dumbbell Inverted Row	Dumbbell Reverse Curl	---
DB Leg Extension	---	---	---	---	---	---
Calf Raises	---	Close Grip Dumbbell Pushup	Shoulder Shrugs	Dumbbell Superman (Lower back)	Dumbbell Crossover Curl	Dumbbell Side Plank

5 Day Split Dumbbell Workout for Muscle Gain

- Day 1- Chest, Triceps, Shoulders
- Day 2- Quadriceps, Calves, Lower Back
- Day 3- Back, Biceps, Abs
- Day 4- Hamstrings, Glutes
- Day 5- Chest, Triceps, Shoulders
- Repeat the muscle group but don't forget to do all exercise.

Monday/Day 1 (Chest, Triceps, Shoulders)

Exercise	Muscles Worked	Reps	Sets
Flat Dumbbell Bench Press	Chest	10	3
Dumbbell Pullover	Chest	10	3
DB Squeeze Press	Chest	10	3
DB Overhead Press	Shoulder	10	3
Dumbbell Front Raise	Shoulder	10	3
Dumbbell Lateral Raise	Shoulder	10	3
Dumbbell Floor Press	Triceps	15	2
Triceps Overhead Extension	Triceps	10	3
Tricep Kickback	Triceps	12	3

Tuesday/Day 2 (Quadriceps, Calves, Lower Back)

Exercise	Muscles Worked	Reps	Sets
Dumbbell Squat	Quadriceps	12	2
Dumbbell Deadlift	Quadriceps	12	2
DB Leg Extension	Quadriceps	12	2
Dumbbell Lunges	Quadriceps	15	2
Dumbbell Calf Raises	Calf	15	4
Dumbbell Good Morning	Lower Back	10	2
DB Bird Dog	Lower Back	5	2

Wednesday/Day 3 (Back, Biceps, Abs)

Exercise	Muscles Worked	Reps	Sets	Rest
Dumbbell Bent Over to Reverse Fly	Back	12	2-4	2-3 Minutes
Dumbbell Rowing	Back	12 (each side)	2-4	Continue Alternatively
Dumbbell Incline Inverted Row	Back	12	2-4	2-3 Minutes
Bent-Over Reverse Back Fly	Back	10	2-4	
Standing Biceps Alternate Curls	Biceps	15	2	2-3 Minutes
Concentration Curl	Biceps	15 (each side)	2	2-3 Minutes
Hammer Curls	Biceps	15	2	2-3 Minutes
Dumbbell Side Bend	Oblique	AMRAP	2	1-Minute
Crunches	Abs	AMRAP	2	1-Minute

Friday/Day 4 (Hamstrings, Glutes)

Exercise	Muscles Worked	Reps	Sets	Rest
Dumbbell Leg Curl	Hamstrings	12	2-4	2-3 Minutes
Bulgarian Split Squat	Hamstrings	12	2-4	2-3 Minutes
Stiff-Legged Dead Lift	Hamstrings	12	2-4	2-3 Minutes
Dumbbell Goblet Squat	Hamstrings	12	2-4	2-3 Minutes
Dumbbell Hip Thrust	Glutes	15	2-4	2-3 Minutes
Dumbbell Glutes Bridge	Glutes	15	2-4	1-3 Minutes

Saturday/Day 5 (Chest, Shoulders, Triceps)

Exercise	Muscles Worked	Reps	Sets	Rest
Incline DB Bench Press	Chest	10	2-4	90 seconds
Dumbbell Fly	Chest	10	2-4	90 seconds
Dumbbell Pullover	Chest	10	2-4	90 seconds
Rear Delt Fly	Shoulders	10	2-4	90 seconds
Bent Over Lateral Raise	Shoulders	10	2-4	90 seconds
Shoulder Shrug	Shoulders	10	2-4	60 seconds
Triceps Kickback	Triceps	10	2-4	60 seconds
DB Neutral grip Bench Press	Triceps	10	2-4	60 seconds

Repeat this routine for at least 3 months or 12 weeks to see any changes. If it works for you then continue with it. Otherwise, you can change and make a combination of exercises yourself that suits you the most.

Also read: [How Long Does It Take To Build Noticeable Muscle](#)

5 Day Split Dumbbell Workout for Fat Loss

If you want to burn some extra calories and fat, then follow these HIIT and [Crossfit exercises](#) as they accelerate your weight loss process. Here are 5 days split dumbbell workout routine for fat loss.

Note:

1. Perform each exercises as quick as possible with good form and technique.
2. Complete each split workout routine in two circuit (one set in one circuit)

Day 1

Exercise	Muscles Worked	Reps	Sets
Dumbbell Jumping Jacks	Full-body	15	2
Dumbbell Man makers	Full Body	10	2
Dumbbell Hang Squat Clean	Lower Body	10	2
Dumbbell Push Press	Shoulders and Legs	10	2
Dumbbell Side Bend	Oblique	10 (each side)	2
Dumbbell Reverse Crunches	Abs	8	2
Dumbbell Russian Twist			

Day 2

Exercise	Muscles Worked	Reps	Sets
Dumbbell Front Squat	Quadriceps	20	2
Dumbbell Thrusters	Legs, Shoulders, Back	10	2
Dumbbell Burpee	Fully Body	10	2
Standing IYT Raises	Shoulders and Back	10	2
Straight Arm Crunches	Abs	10	2
Dumbbell Lunges to Overhead Press	Legs and Shoulders	10	2
Dumbbell Side Plank	Abs	30 Seconds	2
Dumbbell Side Bend	Abs	10 (each side)	2

Day 3

Exercise	Muscles Worked	Reps	Sets
Dumbbell Swings	Shoulders and Legs	10	2
Single-Arm Dumbbell Snatch	Legs, Shoulders, Back	10	2
Dumbbell Clusters	Glutes, Quads, Core, Shoulders, Back	10	2
Stiff-leg Deadlift to Upright Row	Lower Body & Shoulders	10	2
Straight Arm Crunches	Abs	10	2
Dumbbell Wood Chop	Abs	10	2
Dumbbell push jerk	Shoulders, arms, leg	10	2
Side Plank	Abs	12	2

Day 4

Exercise	Muscles Worked	Reps	Sets
Dumbbell Jumping Jacks	Full-body	15	2
Dumbbell Man makers	Full Body	10	2
Dumbbell Hang Squat Clean	Lower Body	10	2
Dumbbell Push Press	Shoulders and Legs	10	2
Dumbbell Side Bend	Oblique	10 (each side)	2
Dumbbell Reverse Crunches	Abs	8	2
Dumbbell Russian Twist	Oblique	30 Seconds	2
Dumbbell Wood Chop	Abs	10	2

Day 5

Exercise	Muscles Worked	Reps	Sets
Dumbbell Front Squat	Quadriceps	20	2
Dumbbell Thrusters	Legs, Shoulders, Back	10	2
Dumbbell Burpee	Fully Body	10	2
Standing IYT Raises	Shoulders and Back	10	2
Straight Arm Crunches	Abs	10	2
Dumbbell Lunges to Overhead Press	Legs and Shoulders	10	2
Dumbbell Side Plank	Abs	30 Seconds	2
Dumbbell Side Bend	Abs	10 (each side)	2

These exercises and routine help you lose weight and build muscles at the same time.

Follow this split workout routine for 12 weeks to see some positive outcomes. And according to science and [study](#), only exercise will not help you lose fat. You need to maintain your calorie consumption as well. So, eat some [low calories foods](#) that quicken your fat loss process.

To speed up weight loss you can try some natural weight loss supplements, such as [Keto actives](#), [Fast burn extreme](#), [Cappucino MCT](#), and [Green barley plus](#).

5 Day Split Workout PDF

Final Words

I've designed the above two "5 Day Dumbbell Workout Split" after researching a lot. If you follow this, I hope, you'll see surely feel and see the benefits in the least amount of time. So, save this page in your browser and follow every day except rest day.

Related: [The Best 4-Day Split Dumbbell Workout](#)