

# Full Body Dumbbell Workout For Weight Loss – A complete Guide

Weight training is equally important to bodyweight high intensity cardio. You can speed up your weight loss with our full body dumbbell workout training program.

When you do dumbbell weight loss workouts, you need more energy. And if you eat fewer calories, your body convert stored fats for energy and in the long run, it will help you lose weight.

Here I'm going to share with you a complete list of best dumbbell workouts that burn maximum calories and fat, and help you lose weight – whether you're a male or female.

I would suggest you perform these dumbbell exercises at your maximum heart rate with maintaining a shorter period of rest between the sets.

**Also read:** [The Best Upper Body Dumbbell Workout \(With PDF\)](#)

**Note:** Diet is equally (I would say more) important to dumbbell workout for weight loss. You'll see more about it later in this post.

To speed up your weight loss journey, you can also try [natural weight loss supplements](#) as they are created to accelerate your fat loss.

Choose your best workout from the list below and then do which suits you the best.

## Dumbbell Workout for Weight Loss (A Complete List):

- **Dumbbell Jump Squat**
- **Push Press**
- **Dumbbell Squat**
- **Dumbbell Crunches**
- **Push-up To Renegade Row**

- **Dumbbell Russian Twist**
- **Box step-ups**
- **Dumbbell Walking Lunges**
- **Dumbbell Squat with overhead press**
- **Deadlift To Upright Row**
- **Dumbbell Thruster**
- **Dumbbell Planks**
- **Bent-Over Dumbbell Row**
- **Single-Arm Dumbbell Swing**
- **Superman with Dumbbell**
- **Dumbbell Surrenders**
- **Dumbbell Man Makers**
- **Forward Lunges and Hammer Curl**
- **Dumbbell Push-up to Triceps Kickback**
- **Dumbbell Toe Touch Crunches**
- **Plank to Upright Row With Dumbbell**
- **Incline Dumbbell I-Y-T Raises**
- **Dumbbell Arnold Press**
- **The Dumbbell Farmers Carry**
- **Dumbbell Side-To-Side Squat and Swing**

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

## **How to do Full Body Dumbbell Workouts for Weight Loss- Step by Step Instructions**

Let's see how you can do the above weight loss dumbbell exercises with step by step instructions.

### **1. Dumbbell Jump Squat**

The squat jump is one of the best fat burning workouts that you can do using the dumbbell to lose weight. This is a high-intensity workout that you can also do at home.

#### **How to do the Dumbbell Jump Squat**

- Start with standing straight, your feet about hip-width apart holding a pair of light dumbbells in your hands.
- Now keep your core tight and then squat down and jump explosively while keeping your arms extended at your sides and then slowly land on the feet to complete one rep.

- Repeat this for the desired number of repetition. Do as many sets as you like with 1-minute rest between each set.
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## **2) Dumbbell Push Press**

This one of my favourite exercises that I often do. It increase my stamina and strength and allows to burn good number of calories. It worked on several muscles at once such as quads, hamstring, gluteus, shoulders and the arms.

### **How to do the Dumbbell Push Press**

- Stand in the hip-width stance, holding a dumbbell in each hand just over your deltoids with your elbows bent and palms facing each other. That's the starting position.
  - Do half squat with bending your knees and hips and then explosively push up with your legs as you press the dumbbells toward the ceiling until your arms are extended.
  - Then slowly lower the dumbbell where they were. That's one complete rep. Do the desired number of sets and repetitions with 1-minute rest between each set.
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Related: [17 Dumbbell Chest Exercises You Can Do Without A Bench At Home](#)

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## **3) Dumbbell Squat**

### **How to do the Dumbbell Squat**

- Stand upright with your feet hip-width apart, holding a pair of dumbbells in your hands at shoulder height.
  - Keep your core brace and slightly push your hips back to squat down until your thighs are parallel to the ground.
  - Hold for a second and then slowly return to the standing position. That's one rep! Do the desired number of sets and repetitions with 1-minute rest between each set.
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## **4) Dumbbell Straight Arm Crunches**

Crunches strengthen the core muscles and help you flatten your tummy. Adding dumbbells in this exercise help you burn the maximum calories and make you sweat in a couple of minutes.

**How to do the Dumbbell Straight Arm Crunches**

- Grab a dumbbell in each hand, lie on your back, bend your knees at 30-45 degree angle. Keep your arms extended behind your head. That's the starting position.
  - Now raise your arms along with your upper body to complete one crunch. Your arms will be extended throughout the movement.
  - Do the desired number of sets and repetitions with 1-minute rest between each set.
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## **5) Push-up to Renegade Row**

There are many exciting exercises we can do using dumbbells. Dumbbells also allow a greater range of motion that helps you do effective push-ups like pushup to renegade row.

Push-up to renegade row works on several muscles including arms, shoulder, chest and the back. High-intensity push up to renegade row releases a good number of calories and help you lose fat.

**How to do the Push-up to Renegade Row**

- Grab a pair of hexagonal dumbbell and get into a high plank position with your arms extended and keep your body straight.
  - Now do one push-up and row right side then left side to complete one rep. perform this exercise in a controlled motion.
  - Do the desired number of sets and repetitions with 1-minute rest between each set.
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## **6) Dumbbell Russian Twist**

The Russian twist is a complete core workout which mainly works on the obliques. It is not only help you burn fat but also improve your balance.

**How to do the Dumbbell Russian Twist**

- Sit on the floor with your knees slightly bent and feet just above the floor into the air. Slightly lean back so your upper body and legs form a V-like shape.

- Now tight your core and twist your torso from side to side. Avoid much movement of your legs while twisting. Perform this exercise slowly and in a controlled motion.
  - Do the desired number of sets and repetitions with 1-minute rest between each set.
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**You may also like: [10 Dumbbell Floor Exercises You Can Do At Home](#)**

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### **7) Dumbbell box step-ups**

#### **How to do the Dumbbell box step-ups**

- Stand upright in the hip-width stance, holding a dumbbell in each hand across shoulders with your elbows bent and palms facing each other.
  - Now step up your right foot on the box, press with your feet to straighten your right leg.
  - Now bring the left feet on the box to meet your right feet then bend your right knee to step down on the floor with your left feet.
  - Repeat this movement with stepping up with your left feet first.
  - Do the desired number of sets and repetitions with 1-minute rest between each set.
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### **8) Dumbbell Walking Lunges**

#### **How to do the Dumbbell Walking Lunges**

- Stand upright in the hip-width stance, holding a dumbbell in each hand with your arms extended at your sides and palms facing your body.
  - Tight your abdominal muscle, keep your back straight and take one big step forward with your right leg and bend at around 90 degrees while keeping your left leg parallel to the ground.
  - Now step forward with your left leg to bring your both feet together in the standing position.
  - Repeat these steps with your left leg to complete one repetition. Keep the dumbbells close your body throughout the movement.
  - Do the desired number of sets and repetitions with 1-2 minute rest between each set.
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## 9) Dumbbell Squat with overhead press

### How to do the Dumbbell Squat with overhead press

- Stand in the hip-width stance, holding a pair of dumbbells with your hands at shoulder height with your elbows bent and palms facing each other. That's the starting position.
  - Now brace your core and squat down with bending your hips and knees. Hold for a second then return into the standing position by pressing through your heels.
  - Now raise the dumbbells toward the ceiling until your arms extended overhead. Then slowly lower the dumbbells into the starting position to complete one rep. keep your back straight and chest up during the whole movement.
  - Do the desired number of sets and repetitions with 1-2 minute rest between each set.
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## 10) Dumbbell Deadlift to Upright Row

### How to do the Dumbbell Deadlift To Upright Row

- Stand straight with your feet hip-width apart, holding a dumbbell in each hand with an overhand grip, your arms extended in front of your thighs and palms facing your body.
- Now push your hips back, bend your knees, and slowly lower the weight while maintaining a flat back. Go as low as you go in the conventional deadlift. Hold for a second then return into the standing position.
- To perform the final step, lift the dumbbells upright toward the chin with your elbows bent and out the sides. Then lower the weights back into the starting position. Keep the dumbbells close to your body during the whole movement.
- Suggested Reps and Sets: 10\*2 with 1-2 minute rest between each set.

### Other important exercises you can try using dumbbells:

- [Dumbbell Conventional Deadlift](#)
  - [DB Romanian Deadlift](#)
  - [Dumbbell Sumo Deadlift](#)
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## 11) Dumbbell Thruster

There are multiple exercises we can do with the help of dumbbells only. Whether your goal is weight loss or muscle gain, the dumbbells allow you to perform a

variety of exercises that help you achieve your fitness goal. The dumbbell thruster is one of the best dumbbell workouts that burns a good number of calories and help you lose weight.

### **How to do the Dumbbell Thruster**

- Stand upright in the hip-width stance, holding a dumbbell in each hand across shoulders with your elbows bent and palms facing each other. That's the starting position.
  - Keep your back straight, core tight and then squat down with bending your hips and knees.
  - Then stand up explosively with pushing through your heels and press the weights straight overhead until your arms are fully extended. Then lower the dumbbells into the starting position.
  - Suggested Reps and Sets: 10\*2 with 1-2 minute rest between each set.
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**Related:** [How To Dumbbell CrossFit WOD \(30 Exercises\)](#)

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### **12) Dumbbell Planks**

**How to do the planks using the dumbbell**

Get into a plank position on your forearms, keep your body straight and inline from head to heel. Now place a dumbbell on your back and hold into the same position for as long as you can. Recommended Duration: 45-60 seconds.

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### **13) Bent over Dumbbell Row**

**How to do the dumbbell bent over row**

- Stand straight in the shoulder-width stance, holding a pair of dumbbells in your hands with a neutral grip, palms facing your each other.
  - Now slightly bend your hips and knees to hinge forward. Keep your back straight and chest up. Let the arms hang below your abs. That's the starting position.
  - Now row the dumbbells out to the sides until your hands reach chest level. Squeeze your shoulder blades when you lift the dumbbells.
  - Then slowly return the dumbbells back in the starting position.
  - Suggested Reps and Sets: 10\*2 with 1-2 minute rest between each set.
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## 14) Single-Arm Dumbbell Swing

### How to do the Single-Arm Dumbbell Swing

- Stand straight in the shoulder-width stance with holding a dumbbell in your right hand with an overhand grip in front of your hips. Slightly bend your knees to hinge forward and place the dumbbell between your legs. That's the starting position.
  - Now push your hips back and thrust them forward and swing the dumbbell upward until it reached upper chest height. Then again get back into the starting position and repeat this movement for the desired number of repetitions. Keep your back straight during the movement.
  - Suggested Reps and Sets: 10\*2 with 1-2 minute rest between each set.
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## 15) Dumbbell Superman

### How to Dumbbell Superman

- Grab a pair of dumbbells with an overhand grip and Lie on your stomach with your arms extended forward and leg extended straight backwards. That's your starting position.
  - Now raise the dumbbells and your leg upward at the same time. Hold at the top for a moment then lower the dumbbell down in the beginning position. Do this exercise for 30 seconds at least.
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**Related:** [Can I Take Pre Workout on an Empty Stomach?](#)

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## 16) Dumbbell Surrenders

The "Surrenders" exercise is complete entire body exercise that works on several muscles including hamstring, glutes, quads and the shoulders. You can add dumbbells to make it more advanced and effective. The dumbbell surrenders are one of the best dumbbell workouts that burn maximum calories and help you lose weight.

### How to do the Dumbbell Surrenders

- Stand your knees with holding a dumbbell in each hand with a neutral grip and your arms extended at your sides. Palms facing the body and your back should be straight. That's the initial position.
- Take one step forward with your right foot and raise the dumbbell at shoulder height.

- Bring the left feet forward to meet your right feet to stand straight and then press the dumbbells upward toward the ceiling until your arms extended overhead. Then slowly lower the dumbbells at your sides. That's one complete rep.
  - Do the desired number of sets and repetitions with 1-2 minute rest between each set.
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### **17) Dumbbell Man Makers**

The “Man Makers” is a part of the CrossFit workout that you can do using the dumbbells for fat loss. The high-intensity dumbbell man makers exercise, burn the highest number of calories and help you in weight loss.

#### **How to do the Dumbbell Man Makers**

- Start with standing in the shoulder-width stance with holding a dumbbell in each hand with a neutral grip.
  - Now get into a push-up position with your arms extended and push your chest toward the floor to complete one push-up.
  - Now lift your right arm dumbbell out to the side until your arm reached shoulder height and then bring it down. Repeat this move with your opposite arm.
  - And to do the final step, bring both legs inwards with your feet wider than your hands; get in a squat position and then push the dumbbells up toward the sky until your arms are fully extended. That's one rep!
  - Suggested Reps and Sets: 6\*2 with 1-2 minute rest between each set.
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### **18) Dumbbell Walking Lunge and Hammer Curl**

#### **How to Dumbbell Walking Lunge and Hammer Curl**

- Stand upright in the hip-width stance, holding a dumbbell in each hand with a neutral grip, your arms extended at your sides and palms facing your body.
- Tight your abdominal muscle, keep your back straight and take one big step forward with your right leg and bend at 90 degrees while keeping your left leg parallel to the ground.
- Now curl the dumbbells upward until they reached shoulder height. Then slowly return to the initial position.
- Repeat these steps with your opposite side to complete one rep. Keep the dumbbells close your body and back straight throughout the movement.
- Suggested Reps and Sets: 8\*2 with 1-2 minute rest between each set.

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## 19) Dumbbell Pushup to Triceps Kickback

### How to Dumbbell Pushup to Triceps Kickback

- Grab a pair of dumbbells with a neutral grip, place them on the mat with your hands shoulder-width apart.
- Get into a high plank position with your arms extended and keep your back straight and feet properly on the ground.
- Now do a complete push-up and then take your right arm off the ground and extend back as far as you can with keeping your elbow locked. Then return to the starting position.
- Now take your right arm off the ground and extend back as far as you can and then return into the high plank position. That's one complete rep.
- Suggested Reps and Sets: 8\*2 with 1-2 minute rest between each set.

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## 20) Dumbbell Toe Touch Crunches

### How to

- Lie on your back, holding a pair of dumbbells in your hands at the sides of the chest like you hold the dumbbells in the bench press. Raise your both legs straight, feet pointing toward the ceiling. That's your starting position.
- Now raise your torso and arms until you touch the toes. Then slowly lower back in the lying position. That's one complete rep.
- Suggested Reps and Sets: 10\*2 with 1-2 minute rest between each set.

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## 21) Plank to Upright Row with Dumbbell

### How To

- To do the plank to upright row using the dumbbells; Grab a pair of dumbbells with a neutral grip, place them on the mat with your hands shoulder-width apart.
- Get into a high plank position with your arms extended. Stay in the plank position for a couple of seconds then stand up rapidly.
- Now, lift the dumbbells up toward the chin with your elbows bent and out the sides. Then slowly lower them back into the starting position to complete one rep. Keep the dumbbells close to your body during the upright row.
- Suggested Reps and Sets: 8\*2 with 1-2 minute rest between each set.

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## **22) Incline Dumbbell I-Y-T Raises**

### **How To**

- Lie prone on your back on an incline bench (30-degree), holding a dumbbell in each hand with an overhand grip.
- Keep your chest at the end of the bench and let the arms extended below your chest. That's starting position.
- Now raise your dumbbells forward until your arms being parallel to the ground to form the letter "I". Hold for a second and then slowly lower the dumbbell into the starting position.
- Now, raise the dumbbells across with your arms extended straight and squeezing your shoulder blades together to form the letter "Y". Hold for a second and then slowly lower them back toward the ground.
- Now, form the letter "T" by extending your arms fully out to sides. Hold for a second and then slowly lowered the dumbbells back into the beginning position.
- Suggested Reps and Sets: 10\*2 with 1-2 minute rest between each set.

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## **23. Dumbbell Arnold Press**

The Arnold Press, this exercise was named after [Arnold Schwarzenegger](#), the seven Mr Olympia and a renowned Hollywood actor.

The dumbbell Arnold press works one the all three parts of the deltoids especially the front head. It will not only help you build rounded and bigger shoulders but also burns a good number of calories.

You can perform this exercise in different ways; sitting and standing. There's no much difference between them, so you can do in the way you feel better. However, below I've shared instructions on how to do the seated dumbbell Arnold press stepwise.

- Sit at the corner of the bench with holding a dumbbell in each hand at shoulder height, with elbows bent and palms facing you.
- Slowly bring elbows out wide to sides while rotating your hands so palms face forward. Now press the dumbbells up overhead until arms are straight.
- Hold for a second and finally reverse the steps to complete one rep!
- Repetitions and Sets: 10x3.

## **24. The Dumbbell Farmers Carry Walk**

Walking with holding dumbbell in each hand is known as farmer carry walk.

This exercise increases your heart rate, blood flow and allow your body to burn more calories.

The heavier the dumbbell you use, the more difficult it would be. And to do the difficult move, you need more energy.

And if you eat less, your body uses stored fats as energy source and may reduce body fats.

Keep your core engaged throughout the walk when you do the dumbbell farmer carry walk.

### **25. Dumbbell Squat and Swing**

When you incorporate dumbbell exercises in your weight loss program, you'll surely include those workouts that involve more than one movement. And the dumbbell squat and swing is one of them.

Dumbbell squat and swing works on several muscles at the same time, such as quads, hamstrings, shoulders, and core.

This movement may help you shed some extra calories.

#### **To do the dumbbell squat and swing**

- Grab one dumbbell in each hand with a neutral grip and stand upright with your feet shoulder width apart.
- Holding dumbbells in your hands, raise your arms straight in front of you as high as you like and return to the start.
- Now, get into squat position by bending your knees and pushing your hips back and then return pushing into the floor with your feet return to the standing position. This is your one rep.
- Do as many reps as possible in 30 seconds at your maximum pace followed by 30 to 60 seconds rest and repeat.

## **Does Lifting Dumbbell Reduce Belly Fat Or Weight?**

Dumbbell workouts are not effective than high-intensity interval training (HIIT) for weight loss, but weight training is also an important aspect in weight loss program. That is why the combination of both surely help you lose weight faster.

Moreover, according to a study published by the National Institutes of Health, 160 obese older adults were assigned for six months for the weight-management program plus one of three exercise programs — aerobic training, resistance training, or combined aerobic and weight training.

The study demonstrated that body weight decreased by 9% in all exercise groups and the combined aerobic and weight training was the most effective in improving the overall fitness of obese older adults.

Other than this, you should always focus on the four things (suggested by studies) for weight loss: calorie deficit, intermittent fasting, HIIT and weight training.

## Can You Lose Weight by Using Dumbbells Only?

No, dumbbell exercises alone won't help you lose weight.

In general, weight loss is highly depends diet. What you consume throughout the day matters a lot when it comes to reduce body fat.

If you're trying to lose weight, you'll always need to be in calorie deficit. And this is only possible when you eat low calories foods that makes you feel full for longer duration.

In addition, you can also use natural weight loss supplements such as keto actives, fast burn extreme, green barley plus or anything that suits you the most.

A normal man eats approximately 2500 calories a day while a woman consumes 2250 on an average.

And the universal tips is **“To lose weight you should consume fewer calories than you eat.”** It means if you want to lose weight than you should cut your calories to 1800-2000, depends on your goal.

**Here is a list of some low calories foods that you can take: (These foods also contain proteins and carbs)**

- Oatmeal
- Fruits like watermelon, orange, apple, pomegranate, berries, grapefruit etc.
- Vegetables like cabbage, broccoli, spinach, mushroom, celery, beans etc.

- Salad including cucumber, carrot, celery, onion, avocado, parsley, mushroom etc.
- Eggs & Fish & boil chicken
- Seafood, veg or nonveg soup etc.

## How many times a day should you do these full body dumbbell workout for weight loss?

Four to five times a week of full body dumbbell exercise training can be effective weight for weight loss.

When I had to lose weight a couple of months ago, I did all the above exercises. I combine the above dumbbell workouts with bodyweight HIIT exercises and perform for one month. And it helped me reduce 2 kilos without any special diet.

Everyone's body responds differently but if you do the right exercises and eat the right foods, you'll also achieve your goal.

You just need to be consistent.

## 7-Day Full Body Dumbbell Weight Loss Workout Routine

### Monday

Exercises	Reps
Dumbbell Jump Squat	12x3
DB Push Press	12x3
Dumbbell Squat	12x3
Dumbbell Crunches	10x2
Dumbbell Russian Twist	AMRAP
DB Box step-ups	10x3

### Tuesday

Exercises	Reps
Dumbbell Walking Lunges	10x3

<b>Exercises</b>	<b>Reps</b>
Dumbbell Squat to overhead press	10x3
Deadlift To Upright Row	10x3
Dumbbell Thruster	10x3
Dumbbell Planks	20-secx2
Bent-Over Dumbbell Row	12x3

## Wednesday

<b>Exercises</b>	<b>Reps</b>
Single-Arm Dumbbell Swing	10x3
Superman with Dumbbell	10x3
Dumbbell Surrenders	8x3
Dumbbell Man Makers	8x3
Forward Lunges to Hammer Curl	8x3
Dumbbell Pushup to Triceps Kickback	8x3
Dumbbell Side Plank	30-sec/ side

## Friday

<b>Exercises</b>	<b>Reps</b>
Incline Dumbbell I-Y-T Raises	8x3
Dumbbell Arnold Press	10x3
Plank to Upright Row With Dumbbell	8x3
Dumbbell Jump Squat	12x3
Dumbbell Push Press	10x3
Push-up To Renegade Row	8x2
Dumbbell Crunches	AMRAP

## Saturday

Exercises	Reps
Walking Lunge and Hammer Curl	12x3
Deadlift To Upright Row	12x3
Dumbbell Thruster	10x3
Single-Arm Dumbbell Swing	10x3
Dumbbell Surrenders	10x3
Dumbbell Toe Touch Crunches	10x2
Dumbbell Side Plank	20-sec/ side
DB Russian Twist	20-sec/ side

### Final Words

Dumbbell workouts help many people in weight loss, but depending only dumbbell exercises may not produce noticeable results.

Honestly, dumbbell exercises are not effective than high-intensity interval training (HIIT) for weight loss, but weight training is also an important aspect in weight loss program.

That is why the combination of both dumbbell workouts along with HIIT training help you lose weight faster.

As I said earlier, you need to follow four things to lose weight: diet, intermittent fasting, hit and weight training.