

# The Best Dumbbell HIIT Workout Plan

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## 15-Min HIIT Dumbbell Workout Routine At Home

No	Exercise	Activity Time	Rest
1	Squat to Overhead Press	30 Seconds	30-Sec
2	Single-Arm DB Swing	30 Seconds	30-Sec
3	Dumbbell Burpee	30 Seconds	30-Sec
4	Deadlift To Upright Row	30 Seconds	30-Sec
5	DB Shadow Boxing	30 Seconds	30-Sec
6	Dumbbell Crunches	30 Seconds	30-Sec
7	DB Superman	30 Seconds	30-Sec
8	Dumbbell Push Press	30 Seconds	-

## 20-Minute Dumbbell HIIT Workout Plan for Beginners

No	Workout	Activity Time	Interval
1	Dumbbell Squat Jump	30-Sec	30-Sec

No	Workout	Activity Time	Interval
2	Dumbbell Push Press	30-Sec	30-Sec
3	DB Superman	30-Sec	30-Sec
4	Dumbbell Burpee	30-Sec	30-Sec
5	Dumbbell Crunches	30-Sec	30-Sec
6	DB Shadow Boxing	30-Sec	30-Sec
7	Dumbbell Squat Swing	30-Sec	30-Sec
8	Dumbbell IYT Raises	30-Sec	30-Sec
9	DB Step-up	30-Sec	30-Sec
10	Dumbbell Surrenders	30-Sec	30-Sec
11	Dumbbell Side Bend	30-Sec	-

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## 30 Minute Dumbbell HIIT Workout Circuit for Male and Female

You can challenge your strength through this full-body 30 minute HIIT workout with weights.

This 30-min dumbbell HIIT plan is suitable for intermediate, both male and female.

No	Exercise	Reps	Rest
1	Single-Arm DB Swing	6-8	30-Sec

No	Exercise	Reps	Rest
2	Dumbbell Squat Jump	6-8	30-Sec
3	Dumbbell Push Press	6-8	30-Sec
4	DB Man Makers	6-8	30-Sec
5	Dumbbell Surrenders	6-8	30-Sec
6	DB Squat to Calf Raises	6-8	30-Sec
7	DB Step-up	6-8	30-Sec
8	Dumbbell IYT Raises	6-8	30-Sec
9	Dumbbell Lunges	6-8	30-Sec
10	Dumbbell Crunches	6-8	30-Sec
11	DB Superman	6-8	30-Sec
12	Deadlift To Upright Row	6-8	30-Sec
13	DB Shadow Boxing	6-8	30-Sec
14	Dumbbell Burpee	6-8	30-Sec
15	Dumbbell Squat Swing	6-8	30-Sec
16	Russian Twist / Side Bend	6-8	30-Sec

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Advanced 45 Minute HIIT Workout with Weights

No	Workout	Reps	Interval
1	Dumbbell Squat Jump	8-10	30-Sec
2	Dumbbell Push Press	8-10	30-Sec
3	DB Superman	8-10	30-Sec
4	Dumbbell Burpee	8-10	30-Sec
5	Deadlift to Upright Row	8-10	30-Sec
6	DB Shadow Boxing	8-10	30-Sec
7	Dumbbell Squat Swing	8-10	30-Sec
8	Dumbbell IYT Raises	8-10	30-Sec
9	DB Step-up	8-10	30-Sec
10	Dumbbell Man Maker	8-10	30-Sec
11	Dumbbell Side Bend	8-10	30-Sec
12	Dumbbell Crunches	8-10	30-Sec

Related Articles:

1. [Bodyweight high-intensity interval training \(HIIT\)](#)
2. [The Best weighted HIIT workouts with dumbbells](#)
3. [The Best Weekly HIIT Workout Plan For Newbie & Pro](#)

4. [HIIT Exercises List: A Complete List Of HIIT Workout](#)
5. [7 Benefits Of HIIT Or High-Intensity Interval Training](#)
6. [Full Body Dumbbell Workout For Weight Loss](#)
7. [HIIT CrossFit Workouts And Workout Plan \(PDF\)](#)
8. [10 Best HIIT Exercises List And HIIT Workout Plan](#)