

4-Week Dumbbell Workout Plan for Beginners

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Summary

Routine Type	Full Body
Goal	Build Muscle
Workout Frequency	4 days a week
Difficulty level	Beginner
Equipment Require	Dumbbells and a flexible bench
Duration of each session	30 to 45 minutes
PDF of This Workout Plan	At the Bottom
Rest Between sets	1-2 minutes
Alternate Plan	Dumbbell Split Workout Routine

summary of beginner dumbbell workout routine

If you work out at home, you can save [3 Day Full Body Workout At Home](#). And if you work out in the gym, you can download the [Best Upper Lower Split Workout Routine](#).

Okay, so here's the routine.

Week 1

Day 1

Dumbbell Workout	Muscles Worked	Reps
Dumbbell Squat	Quad	15 x 2
Flat Dumbbell Bench Press	Chest	10 x 2
Incline DB Bench Press	Chest	10 x 2
DB Overhead Press	Shoulder	10 x 2
Dumbbell Lateral Raise	Shoulder	10 x 2
One-arm DB Rowing	Back	10 x 2

Day 2

Dumbbell Exercise	Muscles Worked	Reps
Dumbbell Lunges	Legs	10 x 2
Dumbbell IYT Raises	Back and Shoulder	10 x 2
Dumbbell Deadlift	Back and Legs	10 x 2
Dumbbell Reverse Fly	Back and Shoulder	10 x 2
Dumbbell Floor Press	Shoulder	10 x 2
Dumbbell Glute Bridge	Glute	10 x 2

Day 3

Dumbbell Workout	Muscles Worked	Reps
Dumbbell Sumo Squat	Quad	10 x 2

Dumbbell Workout	Muscles Worked	Reps
DB Incline Bench Press	Chest	10 x 2
Dumbbell Fly	Chest	10 x 2
<u>Dumbbell Pullover</u>	Chest	10 x 2
<u>DB Overhead Press</u>	Shoulder	10 x 2
DB Bent-over Lateral Raise	Shoulder	10 x 2

Day 4

Dumbbell Workout	Muscles Worked	Reps
<u>Dumbbell Superman</u>	Back	15 x 2
Single-arm DB Rowing	Back	10 x 2
<u>DB Good Morning</u>	Hamstring and Lower Back	10 x 2
<u>DB Calf Raises</u>	Calves	10 x 2
<u>Dumbbell Side Bend</u>	Oblique	10 x 2
<u>DB Squat to Swing</u>	Full Body	10 x 2

Week 2

Monday

Dumbbell Exercise	Muscles Worked	Reps
Dumbbell Lunges	Legs	10 x 2

Dumbbell Exercise	Muscles Worked	Reps
<u>Dumbbell IYT Raises</u>	Back and Shoulder	10 x 2
Dumbbell Bench Press	Chest	10 x 2
Dumbbell Fly	Chest	10 x 2
DB Front Raises	Shoulder	10 x 2
<u>DB Rear Delt Fly</u>	Shoulder and Back	10 x 2

Tuesday

Dumbbell Workout	Muscles Worked	Reps
Dumbbell Squat	Quad	15 x 2
One-arm DB Rowing	Back	10 x 2
<u>DB Overhead Extension</u>	Triceps	10 x 2
<u>DB Biceps Curl</u>	Biceps	10 x 2
DB Side Bend	Oblique	10 x 2
Dumbbell Glute Bridge	Glute	10 x 2

Thursday

Dumbbell Workout	Muscles Worked	Reps
DB Incline Bench Press	Chest and Back	10 x 2
Arnold Press	Shoulder	10 x 2

Dumbbell Workout	Muscles Worked	Reps
Dumbbell Pullover	Chest and Back	10 x 2
DB Upright Row	Shoulder	10 x 2
DB Leg Extension	Quadriceps	10 x 2
Dumbbell Leg Curl	Hamstrings	10 x 2

Friday

Dumbbell Workout	Muscles Worked	Reps
Dumbbell Deadlift	Legs and Back	10 x 2
Dumbbell Lunges	Legs	10 x 2
DB Bent Over Row	Back	10 x 2
DB Bent-over Lateral Raise	Shoulder	10 x 2
Dumbbell Squat to Swing	Full Body	10 x 2
<u>Dumbbell RDL</u>	Hamstrings	10 x 2

Week 3

Day 1

Dumbbell Exercise	Muscles Worked	Reps
Dumbbell Squat	Legs	10 x 2
Dumbbell IYT Raises	Back and Shoulder	10 x 2
DB incline Bench Press	Chest	10 x 2

Dumbbell Exercise	Muscles Worked	Reps
Neutral Grip Floor Press	Chest and Triceps	10 x 2
DB Front Raises	Shoulder	10 x 2
Crush Grip DB Push up	Chest and Triceps	10 x 2

Day 2

Dumbbell Workout	Muscles Worked	Reps
Dumbbell Deadlift	Back and Legs	10 x 2
Single-arm DB Rowing	Back	10 x 2
DB Good Morning	Hamstring and Lower Back	10 x 2
DB Biceps Curl	Biceps	10 x 2
Dumbbell Side Bend	Oblique	10 x 2
DB Squat to Overhead Press	Full Body	10 x 2

Day 3

Dumbbell Workout	Muscles Worked	Reps
Dumbbell Bench Press	Chest	15 x 2
One-arm DB Rowing	Back	10 x 2
DB Overhead Press	Shoulder	10 x 2
DB Biceps Curl	Biceps	10 x 2

Dumbbell Workout	Muscles Worked	Reps
Bent-over Lateral Raise	Shoulder	10 x 2
Dumbbell Reverse Fly	Back and Shoulder	10 x 2

Day 4

Dumbbell Workout	Muscles Worked	Reps
DB Squat	Legs	10 x 2
DB Leg Extension	Quadriceps	10 x 2
Dumbbell Leg Curl	Hamstrings	10 x 2
Dumbbell Pullover	Back and chest	10 x 2
DB Upright Row	Shoulder	10 x 2
DB Side Bend	Oblique	10 x 2
DB Leg Raise	Oblique	10 x 2

Week 4

Monday

Dumbbell Workout	Muscles Worked	Reps
DB Incline Bench Press	Chest	10 x 2
Dumbbell Fly	Chest	10 x 2
DB Overhead Press	Shoulder	10 x 2
DB Bent-over Lateral Raise	Shoulder	10 x 2

Dumbbell Workout	Muscles Worked	Reps
DB Overhead Extension	Triceps	10 x 2
Triceps Kickback	Triceps	10 x 2
DB Incline Bicep Curl	Biceps	10 x 2

Tuesday

Dumbbell Workout	Muscles Worked	Reps
Dumbbell Superman	Back	15 x 2
Single-arm DB Rowing	Back	10 x 2
DB Good Morning	Hamstring and Lower Back	10 x 2
DB Bent-Over Row	Back	10 x 2
Dumbbell Hip Thrust	Hips and Glutes	10 x 2
Dumbbell Side Bend	Oblique	10 x 2
DB Reverse Crunches	Abs	10 x 2

Thursday

Dumbbell Workout	Muscles Worked	Reps
DB Squat	Legs	10 x 2
DB Lunges	Quadriceps	10 x 2
Dumbbell RDL	Hamstrings	10 x 2

Dumbbell Workout	Muscles Worked	Reps
Dumbbell Pullover	Back and chest	10 x 2
DB Upright Row	Shoulder	10 x 2
Dumbbell Curl	Biceps	10 x 2
DB Calf Raises	Calves	10 x 2

Friday

Dumbbell Workout	Muscles Worked	Reps
DB Incline Bench Press	Chest	10 x 2
Standing IYT Raise	Back and Shoulder	8 x 2
One-arm DB Rowing	Back	10 x 2
DB Overhead Press	Shoulder	10 x 2
DB Biceps Curl	Biceps	10 x 2
Bent-over Lateral Raise	Shoulder	10 x 2
Dumbbell Reverse Fly	Back and Shoulder	10 x 2

Related Articles:

- [Single Dumbbell Exercises \(An Ultimate Workout Guide\)](#)
- [The Best Dumbbell HIIT Workout Plan \(With PDF\)](#)
- [The Ultimate 30-Day Dumbbell Exercise Routine](#)
- [Full Body Dumbbell Workout For Weight Loss](#)
- [Full Body Workout Routine For Beginners: 2, 3 & 4 Day Split](#)
- [A Complete 4-Week Beginner Workout Routine](#)

