

2-Day Full Body Dumbbell Workout Plan without Bench

Created by [Murshid Akram](#)

Administrator of [The Fitness Phantom](#)

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If you work out two days a week, you can follow the 2-day dumbbell workout program that requires no bench.

For example, you can do the workout on Monday and Thursday to complete your weekly schedule.

Depending on your fitness, you'll do six to ten exercises on a training day.

As it is a full-body workout program, you'll try to keep the interval time as little as possible between sets. The suggested time is 1-2 minutes.

Duration: 60-75 minutes

Day 1

Workout	Reps	Muscles Worked
Dumbbell Squat	15 x 2	Quads
Dumbbell Lunges	10 x 2	Quads
Dumbbell Floor Press	15 x 2	Chest, Triceps
Dumbbell Upward Fly	10 x 2	Chest
One-arm DB Tricep Extension	10 x 2	Triceps
Dumbbell Overhead Press	15 x 2	Shoulder
Dumbbell Lateral Raises	10 x 2	Shoulder
Single-arm Dumbbell Row	15 x 2	Back
Dumbbell Bent-over Row	10 x 2	Back

Workout	Reps	Muscles Worked
Dumbbell Biceps Curl	15 x 2	Biceps

Day 2

Workout	Reps	Muscles Worked
Dumbbell Deadlift	10 x 2	Quads
Dumbbell RDL	10 x 2	Hamstrings
One-arm Dumbbell Rowing	15 x 2	Back
Dumbbell Reverse Fly	10 x 2	Back, Shoulder
Dumbbell Upright Row	15 x 2	Back, Shoulder
Dumbbell Pullover	10 x 2	Back, Chest
Dumbbell Overhead Press	15 x 2	Shoulder
Dumbbell Floor Press	15 x 2	Chest, Triceps
Dumbbell Side Bend	10 x 2	Oblique
Dumbbell Glute Bridge	10 x 2	Glute, Hips

If you want to design a no-bench dumbbell home workout plan, you'll first need to compile a list of all exercises that you can do without a bench.

For that, you can save the below exercises:

- [Top 10 Dumbbell Floor Exercises](#)
- [23 Standing Dumbbell Exercises For Full-body](#)
- [Dumbbell Chest Exercises You Can Do Without A Bench](#)

It would be great if you could incorporate some [bodyweight exercises](#) in your program to make it more productive.

Alternate Workout Routines

- [Beginner Dumbbell Workout Routine With Free PDF](#)
- [Single Dumbbell Exercises \(An Ultimate Workout Guide\)](#)
- [The Best Dumbbell HIIT Workout Plan \(With PDF\)](#)
- [12 Week Dumbbell Workout Plan \(With Free PDF\)](#)

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If you want a personalized workout plan for yourself based on fitness level and goal, drop a message.