

3 Day Upper/Lower Dumbbell Workout Plan for Lean Mass

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The three-day workout plan is suitable for all fitness enthusiasts, whether you're a male or female.

In a 3-day routine, you'll work out every alternate day.

You'll get enough recovery time during this program that can be helpful for building lean muscles².

Let's take a look at the summary of the program.

Workout Type	Upper/Lower Split
Goal	Building Lean Mass
Day 1	Chest, Triceps, Shoulder
Day 2	Legs
Day 3	Back, Biceps, Core
Rest Between Sets	1-2 min
Suitable for	Men and Women
Difficulty	Beginner

Okay, so here's the plan.

Day 1 – Upper Body

Workout	Reps	Muscles
Dumbbell Floor Press	15 x 3	Chest, Triceps

Workout	Reps	Muscles
Dumbbell Upward Fly	10 x 2	Chest
Floor Pullover	10 x 2	Chest
Dumbbell Overhead Press	15 x 3	Shoulder
Dumbbell Lateral Raises	15 x 3	Shoulder
Dumbbell Rear Delt Fly	10 x 2	Shoulder
One-arm Tricep Extension	10 x 3	Triceps

Day 2 – Lower Body

Workout	Reps	Muscle
Dumbbell Squat	15 x 2	Quad
Dumbbell Sumo Squat	12 x 2	Quad
Dumbbell Lunges	10 x 2	Quad
Dumbbell Leg Curl	10 x 3	Ham
DB Romanian Deadlift	10 x 2	Ham
Dumbbell Glute Bridge	10 x 2	Glute
Dumbbell Calf Raises	10 x 2	Calves

Day 3 – Upper Body

Workout	Reps	Muscles
Dumbbell Deadlift	6 x 3	Back
One-arm Dumbbell Row	15 x 2	Back

Workout	Reps	Muscles
Bent-over Dumbbell Row	15 x 2	Back
Dumbbell Reverse Fly	10 x 2	Back
Dumbbell Biceps Curl	15 x 3	Biceps
Dumbbell Hammer Curl	10 x 2	Biceps
Dumbbell Side Bends	10 x 2	Core
Dumbbell Side Plank	30-sec	Core

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.