

4 Day Push/Pull Dumbbell Training with No Bench for Mass

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Perhaps, you've heard about [push/pull workouts](#) before. It is one of the famous [workout programs](#) in which you do push and pull exercises on alternate days.

Floor press, dumbbell squat, glute bridge, and overhead press are some push workouts, and deadlift, dumbbell rowing, and bicep curl are examples of pull exercises that you can do without a bench.

Push exercises work on the chest, shoulder, triceps, glutes, and quads. On the other hand, pull exercises work on the back, biceps, rear shoulder, and hamstrings.

Let's see how to do the 4-day dumbbell exercises routine without a bench.

Interval Time between Sets: 1-2 min

Day 1 – Push Workouts

Workout	Reps	Muscle
Dumbbell Floor Press	15 x 2	Chest
DB Overhead Press	15 x 2	Shoulder
Overhead Tricep Extension	10 x 2	Triceps
Dumbbell Squat	15 x 2	Squat
Dumbbell Push Press	10 x 2	Shoulder
Dumbbell Lateral Raises	10 x 2	Shoulder
Dumbbell Calf Raises	15 x 2	Calves

Day 2 – Pull Workouts

Workout	Reps	Muscle
Dumbbell Deadlift	15 x 2	Back
Dumbbell RDL	15 x 2	Hams
One-arm DB Rowing	10 x 2	Back
Bent-over DB Rowing	15 x 2	Back
Dumbbell Curl	10 x 2	Biceps
Hammer Curl	10 x 2	Biceps
Dumbbell Reverse Crunches	15 x 2	Core

Day 3 – Push Workouts

Workout	Reps	Muscle
Dumbbell Sumo Squat	15 x 2	Legs
DB Overhead Press	15 x 2	Shoulder
Lying Tricep Extension	10 x 2	Triceps
Dumbbell Floor Press	15 x 2	Chest
Dumbbell Front Raises	10 x 2	Shoulder
Dumbbell Lateral Raises	10 x 2	Shoulder
Tricep Kickback	10 x 2	Triceps
Dumbbell Glute Bridge	15 x 2	Glutes

Day 4 – Pull Workouts

Workout	Reps	Muscle
Dumbbell RDL	15 x 2	Hamstring
One-arm DB Rowing	15 x 2	Back
Dumbbell Upright Row	10 x 2	Back, Shoulder
Dumbbell Pullover	15 x 2	Back, Chest
Alternate Bicep Curl	10 x 2	Biceps
Hammer Curl	10 x 2	Biceps
Dumbbell Wrist Curl	15 x 2	Wrist

You may also like: [The Best 4-Day Split Dumbbell Workout](#)

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.