

5 Day Dumbbell Workout without Bench for Strength and Gain

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If you want to beef up mass and boost strength at home, you may challenge yourself with a five-day workout plan.

In the 5-day program, you can work on your larger muscles, such as the chest, back, and leg two times a week.

And training the major muscles of your body twice a week helps you gain muscles.³

- **Monday** – Chest, Triceps, and Calves
- **Tuesday** – Back, Biceps, and Hamstrings
- **Wednesday** – Quads and Core
- **Thursday** – Rest
- **Friday** – Chest and Shoulder
- **Saturday** – Back, Quads and Glutes
- **Sunday** – Rest

Rest Between Sets: 1-2 min

You can also save this: [5 Day Dumbbell Workout Split](#)

Day 1 – Chest, Triceps, Calves

Workout	Reps
Dumbbell Floor Press	15, 12, 10
Floor Pullover	10 x 2
Dumbbell Floor Fly	10 x 2
Dumbbell Upward Fly	10 x 2

Workout	Reps
Triceps Kickback	10 x 2
One-arm Triceps Overhead Extension	10 x 2
Standing Dumbbell Calf Raises	15 x 3

Day 2 – Back, Biceps, Hamstrings

Workout	Reps
Dumbbell Deadlift	6 x 3
One-arm Dumbbell Row	10 x 3
Bent-over Dumbbell Row	10 x 3
Dumbbell Reverse Fly	10 x 2
Dumbbell Biceps Curl	15 x 3
Dumbbell Hammer Curl	10 x 2
Dumbbell RDL	10 x 2
Dumbbell Leg Curl	10 x 2

Day 3- Quads and Core

Workout	Reps	Muscle
Standard Dumbbell Squat	15 x 3	Quad
Dumbbell Sumo Squat	15 x 2	Quad

Workout	Reps	Muscle
Dumbbell Forward Lunges	10 x 3	Quad
Dumbbell Side Bend	10 x 2	Core
Dumbbell Crunches	10 x 2	Core
Dumbbell Leg Raises	10 x 2	Core
Dumbbell Side Plank	10 x 2	Core

Core workouts will be done in two rounds.

For example, you'll do the four exercises ten reps each in the first round and then repeat one more time to complete two rounds.

Day 4 – Chest and Shoulder

Workout	Reps
Dumbbell Floor Press	15 x 2
Dumbbell Floor Fly	15 x 2
DB Floor Pullover	10 x 2
Dumbbell Overhead Press	15 x 2
Dumbbell Front Raises	10 x 2
Dumbbell Lateral Raises	10 x 2
Dumbbell Upright Row	10 x 2
Shoulder Shrug	10 x 2

Day 5 – Back, Quads and Glutes

Workout	Reps
Bent-over Dumbbell Row	15 x 2
Dumbbell Superman Pull	10 x 2
Neutral Grip DB Bent Over Row	15 x 2
Dumbbell Lateral Squat	15 x 2
Dumbbell Reverse Lunges	10 x 2
Dumbbell Glute Bridge	15 x 3

Once you complete the five-day workout plan for a couple of months, you can move on to the [six-day dumbbell workout plan](#).

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.