

3 Day Dumbbell Workout (Full-body, Upper/Lower Split, and PPL)

Created by [Murshid Akram](#)

Article Link: <https://thefitnessphantom.com/3-day-dumbbell-workout-program/>

Program Summary

Program Duration	6 Weeks
Frequency per week	3 Days
Program Goal	Build Strength and Muscle
Level	Beginner
Suitable For	Men and Women
Equipment Needed	Dumbbells and Workout Bench
Daily Session Duration	40-60 Minutes
Rest Days	After Each Workout Day

If you want a dumbbell weight loss program, you can download this [HIIT dumbbell workout](#) plan.

3 Day Full Body Dumbbell Workout Routine

You'll do a total of eighteen exercises (six/day) in this full-body 3 Day dumbbell workout routine. I've incorporated mostly [dumbbell compound exercises](#) as they work on multiple muscles at once and help you develop a better physique over time.

A little about this program:

All exercises will be performed in a circuit instead of doing three sets of one exercise at once. Because [circuit training](#) is an efficient way to improve strength, body shape, and cardiovascular health – suggested in a study published on the National Institute of Health Database.

Try to keep rest as short as possible between exercises so you can build endurance while building muscles. For example, keep interval time 45-90 seconds between exercises for efficient result.

If you're a beginner, complete two rounds, and complete three circuits if you're working out for a while.

Day 1

Dumbbell Workout	Targeted Muscle	Reps
Standard Dumbbell Squat	Quad	12
Incline Dumbbell Bench Press	Chest and Shoulder	12
Dumbbell Overhead Press	Shoulder	12
Incline Dumbbell I-Y-T Raises	Back and Shoulder	8
One-arm Dumbbell Rowing	Back	10
Dumbbell Side Bend	Core	10

Day 2

Dumbbell Workout	Targeted Muscle	Reps
Dumbbell Forward Lunges	Quads and Hams	10
Dumbbell Bent-over Row	Back	12
Dumbbell Reverse Fly	Back and Shoulder	10
Flat Dumbbell Bench Press	Chest	12
Dumbbell Pullover	Chest and Back	10
Dumbbell Romanian Deadlift	Hamstrings	8

Day 3

Dumbbell Exercises	Targeted Muscle	Reps
Dumbbell Deadlift	Quads	6
Dumbbell Man maker	Full Body	6
Dumbbell Squat to Swing	Full Body	6
Dumbbell Glute Bridge	Glute	10
Incline Plank Dumbbell Row	Back and Core	10
Dumbbell Upright Row	Shoulder and Back	10

Related:

Dumbbell Workout 3 Day Split (Upper/Lower)

If you want to strengthen your [upper and lower](#) body separately, you can follow this 3 Day dumbbell split workout routine.

All exercises included in this program will be done separately, unlike the above routine. Here you'll need to perform the required number of sets of one workout before moving on to another. And there will be 1 to 2 minutes rest between sets.

- **Day 1:** Upper Body – Chest, Shoulder, and Biceps
- **Day 2:** Lower Body – Quads, Hams, Glute, and Calves
- **Day 3:** Upper Body – Back, Triceps, and Core

Day 1 – Chest, Shoulder, And Biceps

Upper Body Workout	Targeted Muscle	Reps
Dumbbell Bench Press	Chest	8-12 x 3
Incline Dumbbell Bench Press	Chest	8-10 x 3
Dumbbell Pullover	Chest and Lats	8-10 x 2
Dumbbell Overhead Press	Shoulder	8-12 x 3
Dumbbell Lateral Raises	Medial Delt	8-10 x 3
Dumbbell Face pull	Rear Delt and Back	8-10 x 2
Dumbbell Alternate Biceps Curl	Biceps	8-10 x 3

Upper Body Workout	Targeted Muscle	Reps
Dumbbell Concentration Curl	Biceps	8-10 x 2

Day 2 – Quads, Hams, Glute, And Calves

Dumbbell Squat	Quads	12-15 x 3
Dumbbell Step-up	Quads, Glute	8-10 x 2
Dumbbell Lunges	Quads and Hams	8-10 x 3
Dumbbell Romanian Deadlift	Hams and Glute	6-8 x 3
Dumbbell Glute Bridge	Glute and Hams	8-12 x 3
Dumbbell Calf Raises	Calves	8-12 x 3

Day 3 – Back, Triceps, And Core

Upper Body Workout	Targeted Muscles	Reps
Dumbbell Deadlift	Back and Legs	4-8 x 3
Incline Dumbbell IYT Raises	Back and Shoulder	6-8 x 3
Dumbbell Bent-over Row	Back	8-12 x 3
Single-arm Dumbbell Row	Back	8-10 x 2
Dumbbell Lying Tricep Extension	Triceps	8-12 x 3
Dumbbell Triceps Kickback	Triceps	8-10 x 2
Dumbbell Side Bend	Oblique	8-10 x 2
Dumbbell Crunches	Abs	8-10 x 2

PPL 3 Day Dumbbell Workout Program

PPL stands for [push, pull, and legs](#). That means, you'll do push exercises on day one, pull workouts on day two and legs workouts on day three.

The PPL is another an effective workout routine to build strength and mass. Because it strengthens each muscle of the body and help you develop a better physique.

Here's the summary of this plan.

- **Day 1:** Push Workouts – Chest, Shoulder, and Triceps
- **Day 2:** Pull Workouts – Back, Biceps, and Forearms
- **Day 3:** Legs Workouts – Quadriceps, Hamstring, Glute and Calf

Exercises will be performed one by one in this program. For example, if it says do squats three sets of 8-12 repetitions, it means you've asked to perform squats three sets before moving on to next workout.

Keep the interval time 1-2 minutes between sets.

Day 1 – Chest, Shoulder, And Triceps

Push Workout	Targeted Muscles	Reps
Dumbbell Bench Press	Chest	8-12 x 3
Incline Dumbbell Bench Press	Upper Chest	8-10 x 3
Dumbbell Overhead Press	Front Delt	8-12 x 3
Dumbbell Lateral Raises	Side Delt	8-10 x 3
45-Degree Incline DB Rowing	Rear Delt	8-10 x 3
Dumbbell Single-arm Overhead Tricep Extension	Triceps	8-12 x 2
Dumbbell Tricep Kickbacks	Triceps	8-12 x 2

Day 2 – Back, Biceps, And Forearms

Pull Workout	Targeted Muscles	Reps
Dumbbell Deadlift	Back and Legs	4-6 x 3
Dumbbell Bent-over Row	Back	8-12 x 3
Single-arm Dumbbell Row	Back	8-10 x 3
Dumbbell Alternate Biceps Curl	Biceps	8-12 x 3
Dumbbell Concentration Curl	Biceps	8-12 x 3
Dumbbell Prone Incline Curl	Biceps	8-10 x 2
Dumbbell Wrist Curl	Forearms	8-12 x 3

Day 3 – Quadriceps, Hamstring, Glutes And Calf

Standard Dumbbell Squat	Quadriceps	12-15 x 3
Dumbbell Forward Lunges	Quads, Hamstrings	8-10 x 3
Dumbbell Leg Extension	Quadriceps	8-12 x 2
Dumbbell Romanian Deadlift	Ham, Lower Back	6-8 x 3
Dumbbell Leg Curl	Hamstring, Glutes	8-10 x 2
Dumbbell Glutes Bridge	Glutes, Hamstring	8-12 x 3
Dumbbell Calf Raises	Calves	8-12 x 3

Related: [The Best Push Pull Legs 3 Day Split](#)

Once you complete this 3 Day dumbbell workout program for the suggested duration, you can follow one of the following programs.

- [The Best 4-Day Split Dumbbell Workout](#)
- [6 Day Dumbbell Workout](#)
- [5 Day Dumbbell Workout Split](#)

Frequently Asked Questions

How Long Does It Take To Build Muscles If I Follow This Program?

Growing muscles depends on several things, such as diet, lifestyle, and how your body responds to training. So if you work out consistently, consume [high protein foods](#), and sleep soundly, you'll start seeing results after a couple of months.

Moreover, you'll also need to increase the intensity and load over time to build muscles faster.

Can I Do This Routine To Lose Weight?

This program may not help you lose weight as it is designed for gaining lean mass. If you want to lose weight, I recommend following [high-intensity interval training](#) (HIIT). The [HIIT has myriad health benefits](#) and may increase your fat loss process.

[Recommended Whey Protein](#)