

Best Back and Bicep Dumbbell Workout and Routine

Dumbbell Back Exercises

- [1. Dumbbell Bent-Over Row](#)
- [2. Incline Dumbbell I-Y-T Raises](#)
- [3. Dumbbell Deadlift](#)
- [4. Single-arm Dumbbell Row](#)
- [5. Dumbbell Pendley Row](#)
- [6. Dumbbell Face Pull](#)
- [7. Dumbbell Seal Row](#)

Dumbbell Biceps Exercises

- [1. Alternate Dumbbell Bicep Curl](#)
- [2. Incline Dumbbell Bicep Curl](#)
- [3. Dumbbell Drag Curl](#)
- [4. Incline Prone Dumbbell Bicep Curl](#)
- [5. Dumbbell Concentration Curl](#)
- [6. Dumbbell One-arm Preacher curl](#)
- [7. Dumbbell Hammer Curl](#)

45-min Typical Back and Biceps Workout

- **Dumbbell Bent-Over Row:** 3 sets x 10 reps, 60-sec rest
- **Incline Dumbbell I-Y-T Raises:** 3 sets x 6 reps, 60-90 sec rest
- **Dumbbell Pendley Row:** 3 sets x 10 reps, 60-sec rest

- **Alternate Dumbbell Bicep Curl:** 3 sets x 10 reps, 60-sec rest
- **Dumbbell Concentration Curl:** 3 sets x 10 reps, 60-sec rest
- **Dumbbell Hammer Curl:** 3 sets x 10 reps, 60-sec rest

30-min Intense Superset Workout

- 12 reps – Dumbbell Bent-Over Row
- 10 reps – Alternate Dumbbell Bicep Curl
- 8 reps – Incline Dumbbell I-Y-T Raises
- 10 reps – Incline Dumbbell Bicep Curl
- 8 reps – Dumbbell Deadlift
- 10 reps – Dumbbell Drag Curl
- 10 reps – Dumbbell Pendley Row
- 8 reps – Dumbbell Concentration Curl
- 10 reps – Single-arm Dumbbell Row
- 10 reps – Dumbbell Hammer Curl
- 10 reps – Dumbbell Seal Row
- 10 reps – Dumbbell One-arm Preacher curl

Advanced 30-min Biceps and Back Drop Set

- **Dumbbell Bent-Over Row:** 2 sets of 8 and 12 reps
- **Incline Dumbbell I-Y-T Raises:** 2 sets of 6 and 8 reps
- **Dumbbell Pendley Row:** 2 sets of 8 and 12 reps
- **Single-arm Dumbbell Row:** 2 sets of 6 and 10 reps
- **Alternate Dumbbell Bicep Curl:** 2 sets of 8 and 12 reps
- **Dumbbell One-arm Preacher curl:** 2 sets of 8 and 12 reps
- **Dumbbell Drag Curl:** 2 sets of 6 and 10 reps
- **Dumbbell Hammer Curl:** 2 sets of 8 and 12 reps