

# PPL Dumbbell Workout Routine (3-4-5-6 Day Split)

Created by: [Murshid Akram](#)

Check out complete [article](#) for more info

## Program Summary And Description

|                        |                           |
|------------------------|---------------------------|
| Routine Type           | Push Pull Legs (PPL)      |
| Program Duration       | 6-8 Weeks                 |
| Frequency per week     | 3-4-5-6 Days              |
| Program Goal           | Build Strength and Muscle |
| Workout Level          | Beginner to Pro           |
| Suitable Gender        | Male and Female           |
| Daily Session Duration | 30-60 minutes             |

## 3 Day Dumbbell Push Pull Legs Split for Beginners

- Monday – Chest, Triceps, and Shoulders
- Wednesday – Back, Biceps, and Forearms
- Friday – Legs and Glutes

### Monday – Chest, Triceps, and Shoulders

| Push Workout                                  | Reps | Sets | Rest  |
|---|------|------|-------|
| <a href="#">Flat Dumbbell Bench Press</a>     | 8-12 | 4    | 2-min |
| <a href="#">Incline Dumbbell Bench Press</a>  | 8-12 | 3    | 2-min |
| <a href="#">Dumbbell Overhead Press</a>       | 8-12 | 3    | 2-min |
| <a href="#">Dumbbell Lateral Raises</a>       | 8-10 | 3    | 1-min |
| <a href="#">Incline Dumbbell French Press</a> | 8-12 | 3    | 1-min |
| <a href="#">Dumbbell Tricep Kickbacks</a>     | 8-12 | 3    | 1-min |

### Wednesday – Back, Biceps, and Forearms

| Pull Workout | Reps | Sets | Rest |
|--------------|------|------|------|
|--------------|------|------|------|

|  |      |   |       |
|--|------|---|-------|
| <a href="#">Dumbbell Bent-Over Row</a> | 8-12 | 4 | 2-min |
| <a href="#">One-Arm Dumbbell Row</a>   | 8-12 | 3 | 2-min |
| <a href="#">Dumbbell Seal Row</a>      | 8-12 | 3 | 2-min |
| <a href="#">Alternate Bicep Curl</a>   | 8-10 | 3 | 1-min |
| <a href="#">Dumbbell Hammer Curl</a>   | 8-12 | 3 | 1-min |
| <a href="#">Dumbbell Wrist Curl</a>    | 8-12 | 3 | 1-min |

## Friday – Legs and Glutes

| Lower Body Workout                    | Reps | Sets | Rest  |
|---------------------------------------|------|------|-------|
| <a href="#">Dumbbell Squat</a>        | 8-12 | 4    | 2-min |
| <a href="#">Dumbbell Lunges</a>       | 8-12 | 2    | 2-min |
| <a href="#">Romanian Deadlift</a>     | 8-12 | 3    | 2-min |
| <a href="#">Dumbbell Leg Curl</a>     | 8-10 | 3    | 1-min |
| <a href="#">Dumbbell Glute Bridge</a> | 8-12 | 3    | 1-min |
| <a href="#">Dumbbell Calf Raises</a>  | 8-12 | 3    | 1-min |

# 4 Day Dumbbell Push Pull Workout to Build Muscle

If you work out four times a week, you can do only push/pull instead of push, pull, and legs. You'll do some of the dumbbell leg exercises on your push days, such as squat and lunges while some on pull days, for example, leg curl and Romanian deadlift. Because squats are usually a push movement and leg curl a pull movement.

- Day 1 – Chest, Triceps, Shoulders, and Quadriceps
- Day 2 – Back, Biceps, and Hamstrings
- Day 3 – OFF
- Day 4 – Chest, Triceps, and Quadriceps
- Day 5 – Back, Biceps, Shoulders, and Hamstrings
- Day 6 – OFF
- Day 7 – OFF

Alternate schedule: [The Best 4-Day Split Dumbbell Workout](#)

### Day 1 – Push Workout

| Exercise                            | Muscles | Reps      | Rest  |
|-------------------------------------|---------|-----------|-------|
| <a href="#">Dumbbell Sumo Squat</a> | Quads   | 10-15 x 3 | 2-min |
| Incline DB Bench Press              | Chest   | 10-12 x 3 | 2-min |
| <a href="#">DB Deficit Push-ups</a> | Chest   | 8-12 x 3  | 2-min |

|                               |          |          |       |
|-------------------------------|----------|----------|-------|
| Dumbbell Overhead Press       | Shoulder | 8-12 x 3 | 2-min |
| Incline Dumbbell French Press | Triceps  | 8-12 x 3 | 1-min |
| Dumbbell Glute Bridge         | Glute    | 8-12 x 3 | 1-min |

### Day 2 – Pull Workout

| Exercise                          | Muscles                    | Reps    | Rest  |
|-----------------------------------|----------------------------|---------|-------|
| <a href="#">Dumbbell Deadlift</a> | Posterior Chain            | 8, 6, 4 | 2-min |
| Dumbbell Bent-Over Row            | Back                       | 10 x 3  | 2-min |
| One-Arm Dumbbell Row              | Back                       | 10 x 3  | 1-min |
| Dumbbell Bicep Curl               | Biceps                     | 10 x 3  | 1-min |
| Dumbbell Hammer Crl               | Biceps                     | 10 x 3  | 1-min |
| Dumbbell Leg Curl                 | <a href="#">Hamstrings</a> | 10 x 3  | 1-min |

### Day 3 – Push Workout

| Exercise                                      | Muscles        | Reps   | Rest  |
|---|----------------|--------|-------|
| Flat Dumbbell Bench Press                     | Chest          | 12 x 3 | 2-min |
| <a href="#">Incline Neutral Grip DB Press</a> | Chest, Triceps | 10 x 3 | 2-min |
| Dumbbell Front Raise                          | Shoulder       | 10 x 3 | 2-min |
| Dumbbell Lateral Raise                        | Shoulder       | 10 x 3 | 1-min |
| Dumbbell Reverse Lunges                       | Legs           | 10 x 3 | 1-min |
| Dumbbell Squat to Calf Raise                  | Quad, Calves   | 10 x 3 | 2-min |

### Day 4 – Pull Workout

| Exercise                    | Muscles         | Reps   | Rest  |
|-----------------------------|-----------------|--------|-------|
| Dumbbell Renegade Row       | Back, Abs       | 6 x 2  | 2-min |
| Dumbbell Seal Row           | Back, Rear Delt | 10 x 3 | 2-min |
| Dumbbell Pullover           | Back, Chest     | 10 x 3 | 2-min |
| Dumbbell Upright Row        | Shoulder, Trap  | 10 x 3 | 2-min |
| Dumbbell Concentration Curl | Biceps          | 10 x 3 | 1-min |
| Dumbbell Romanian Deadlift  | Hamstring       | 8 x 3  | 2-min |

## 5 Day Push Pull Legs Dumbbell Workout Only

- Monday – Chest, Triceps, and Shoulders
- Tuesday – Back, Biceps, and Forearms

- Wednesday – Legs and Glutes
- Friday – Chest, Triceps, and Shoulders
- Saturday – Back, Biceps, and Rear Delt
- Thursday and Sunday – OFF

Alternate Plan: [The Best 5 Day Dumbbell Workout Plan with Free PDF](#)

### Monday – Chest, Triceps, and Shoulders

| Push Workout                                | Reps | Sets | Rest  |
|---|------|------|-------|
| Incline Dumbbell Bench Press                | 8-12 | 3    | 2-min |
| <a href="#">Dumbbell Close Grip Push-up</a> | 6-10 | 2    | 2-min |
| Dumbbell Overhead Press                     | 8-12 | 3    | 2-min |
| Dumbbell Lateral Raises                     | 8-10 | 3    | 1-min |
| Incline Dumbbell French Press               | 8-12 | 3    | 1-min |
| Dumbbell Tricep Kickbacks                   | 8-12 | 3    | 1-min |

### Tuesday – Back, Biceps, and Forearms

| Pull Workout          | Reps | Sets | Rest  |
|-----------------------|------|------|-------|
| Dumbbell Deadlift     | 6-8  | 3    | 2-min |
| Dumbbell Seal Row     | 8-12 | 3    | 2-min |
| One-Arm Dumbbell Row  | 8-12 | 3    | 2-min |
| Alternate Bicep Curl  | 8-10 | 3    | 2-min |
| Incline Dumbbell Curl | 8-12 | 3    | 1-min |
| Dumbbell Wrist Curl   | 8-12 | 3    | 1-min |

### Wednesday – Legs and Glutes

| Workout                             | Reps | Sets | Rest  |
|-------------------------------------|------|------|-------|
| Dumbbell Squat                      | 8-12 | 4    | 2-min |
| Dumbbell Lunges                     | 8-12 | 2    | 2-min |
| Romanian Deadlift                   | 8-12 | 3    | 2-min |
| Dumbbell Leg Curl                   | 8-10 | 3    | 1-min |
| <a href="#">Dumbbell Hip Thrust</a> | 8-12 | 3    | 1-min |
| Standing DB Calf Raises             | 8-12 | 3    | 1-min |

### Friday – Chest, Triceps, and Shoulders

| Push Workout                           | Reps | Sets | Rest  |
|--|------|------|-------|
| Flat Dumbbell Bench Press              | 8-12 | 3    | 2-min |
| <a href="#">Dumbbell Squeeze Press</a> | 8-10 | 2    | 2-min |
| Dumbbell Front Raises                  | 8-12 | 3    | 2-min |

|   |      |   |       |
|---|------|---|-------|
| <a href="#">DB Bent-arm Lateral Raises</a>  | 8-10 | 3 | 1-min |
| Incline Dumbbell French Press               | 8-12 | 3 | 1-min |
| <a href="#">Single-arm Tricep Extension</a> | 8-12 | 3 | 1-min |

## Saturday – Back, Biceps, and Rear Delt

| Pull Workout                            | Reps | Sets | Rest  |
|---|------|------|-------|
| Dumbbell Bent-over Row                  | 6-8  | 3    | 2-min |
| <a href="#">Dumbbell Pendlay Row</a>    | 8-12 | 3    | 2-min |
| <a href="#">Incline DB Plank Rowing</a> | 8-10 | 3    | 2-min |
| Dumbbell Upright Row                    | 8-12 | 3    | 2-min |
| <a href="#">Dumbbell Preacher Curl</a>  | 8-10 | 3    | 1-min |
| <a href="#">Dumbbell Zottoman Curl</a>  | 8-12 | 3    | 1-min |

# 6 Day PPL Dumbbell Workout Routine for Strength and Mass

- Day 1 – Chest, Triceps, Shoulders
- Day 2 – Back, Biceps, and Wrist
- Day 3 – Legs, Glutes, and Core
- Day 4 – Chest, Triceps, and Shoulder
- Day 5 – Back, Biceps, and Rear Delt
- Day 6 – Legs, Glutes, and Core
- Day 7 – OFF

## Day 1 – Chest, Triceps, Shoulders

| Push Workout                  | Reps | Sets | Rest  |
|-------------------------------|------|------|-------|
| Flat Dumbbell Bench Press     | 8-12 | 3    | 2-min |
| Incline Dumbbell Bench Press  | 8-12 | 3    | 2-min |
| Dumbbell Close Grip Push-up   | 6-10 | 2    | 2-min |
| Dumbbell Overhead Press       | 8-12 | 3    | 2-min |
| Dumbbell Lateral Raises       | 8-10 | 3    | 1-min |
| Incline Dumbbell French Press | 8-12 | 3    | 1-min |

## Day 2 – Back, Biceps, and Forearms

| <b>Pull Workout</b>    | <b>Reps</b> | <b>Sets</b> | <b>Rest</b> |
|------------------------|-------------|-------------|-------------|
| Dumbbell Deadlift      | 6-8         | 3           | 2-min       |
| Dumbbell Bent-over Row | 8-12        | 3           | 2-min       |
| One-Arm Dumbbell Row   | 8-12        | 3           | 2-min       |
| Standard Bicep Curl    | 8-10        | 3           | 2-min       |
| Incline Dumbbell Curl  | 8-12        | 3           | 1-min       |
| Dumbbell Wrist Curl    | 8-12        | 3           | 1-min       |

## Day 3 – Legs, Glutes, and Core

| <b>Workout</b>             | <b>Reps</b> | <b>Sets</b> | <b>Rest</b> |
|----------------------------|-------------|-------------|-------------|
| Standard Dumbbell Squat    | 8-12        | 4           | 2-min       |
| Dumbbell Reverse Lunges    | 8-12        | 2           | 2-min       |
| Dumbbell Romanian Deadlift | 8-12        | 3           | 2-min       |
| Lying Dumbbell Leg Curl    | 8-10        | 3           | 1-min       |
| Dumbbell Hip Thrust        | 8-12        | 3           | 1-min       |
| Standing DB Calf Raises    | 8-12        | 3           | 1-min       |

## Day 4 – Chest, Triceps, and Shoulder

| <b>Push Workout</b>           | <b>Reps</b> | <b>Sets</b> | <b>Rest</b> |
|-------------------------------|-------------|-------------|-------------|
| Incline Dumbbell Bench Press  | 8-12        | 3           | 2-min       |
| Dumbbell Deficit Push-ups     | 8-12        | 3           | 2-min       |
| Incline Neutral Grip DB Press | 6-10        | 3           | 2-min       |
| Dumbbell Front Raises         | 8-12        | 3           | 2-min       |
| DB Bent-arm Lateral Raises    | 8-12        | 3           | 2-min       |
| One-arm DB Tricep Extension   | 8-12        | 3           | 1-min       |

## Day 5 – Back, Biceps, and Rear Delt

| <b>Pull Workout</b>    | <b>Reps</b> | <b>Sets</b> | <b>Rest</b> |
|------------------------|-------------|-------------|-------------|
| Dumbbell Bent-over Row | 6-8         | 3           | 2-min       |
| Dumbbell Seal Row      | 8-12        | 3           | 2-min       |
| Dumbbell Pendlay Row   | 8-12        | 3           | 2-min       |
| Standard Bicep Curl    | 8-10        | 3           | 2-min       |
| Incline Dumbbell Curl  | 8-12        | 3           | 1-min       |
| Concentration Curl     | 8-12        | 3           | 1-min       |

## Day 6 – Legs, Glutes, and Core

| Workout                          | Reps | Sets | Rest  |
|----------------------------------|------|------|-------|
| Dumbbell Sumo Squat              | 8-12 | 4    | 2-min |
| Dumbbell Forward Lunges          | 8-12 | 2    | 2-min |
| <a href="#">Dumbbell Step-up</a> | 8-12 | 3    | 2-min |
| Lying Dumbbell Leg Curl          | 8-10 | 3    | 1-min |
| Dumbbell Hip Thrust              | 8-12 | 3    | 1-min |
| Standing DB Calf Raises          | 8-12 | 3    | 1-min |

### Related Dumbbell Workout Routines:

- [Dumbbell Only Bro Split – The Ultimate 5-Day Workout Plan](#)
- [3-Day Dumbbell Workout \(Full-Body/Split/PPL\)](#)
- [No Bench Dumbbell Workout Plan with PDF](#)