

The Ultimate 10 Week Home Workout Plan (No Gym)

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Summary

Routine Type	Full-Body and Push-Pull
Program Duration	10 Weeks
Program Goal	Build Strength, Muscle, and Endurance
Workout Level	Beginners to Intermediate
Target Gender	Male and Female
Frequency	4 days a week

Additional information about the program:

- **Exercise types:** I've included a variety of exercises in this program, such as body weight, dumbbell, and [resistance band exercises](#). However, if you're looking for only the bodyweight home workout routine, you can follow this [4-week program](#).
- **Equipment needed:** Having a variety of workout tools, such as [dumbbells](#), [resistance bands](#), and [workout bench](#), helps you train efficiently and elicit maximum results compared to only bodyweight training. So it's worth buying some equipment because you're investing in your health, not in equipment.
- **Routine Type:** This program includes [total body training](#) for the first five weeks and the [push-pull split](#) for the rest five weeks.
- **Duration of one session:** One workout session can be 45 to 60 minutes long.
- **The optimum interval time between sets:** The optimum rest time between sets will be 1-2 minutes. However, you can increase the time if you feel out of breath.
- **Warm-up exercises:** It's good to warm up for at least five minutes before main exercises to increase your performance and minimize the risk of injuries.¹ You can do [multiple exercises](#), such as jumping jacks,

burpees, high knees, squat jumps, mountain climbing, and shoulder tap to pump your heart and increase your blood flow.

The Ultimate 10 Week Home Workout Plan for Male and Female

Week 1

Monday

Exercise	Muscle Worked	Reps
Push-up	Chest and Triceps	15 x 2
Bodyweight Squat	Legs	20 x 2
Incline Dumbbell Bench Press	Chest	12 x 3
Dumbbell Overhead Press	Shoulder	12 x 3
Bench Dips	Triceps	10 x 3
Bird Dog Plank	Abs & Lower Back	10 x 2

Tuesday

Exercise	Muscle Worked	Reps
Dumbbell Front Lunges	Legs	10 x 2
Bodyweight Step-up	Legs	10 x 3
Bent-over Dumbbell Row	Back	12 x 3
Dumbbell Reverse Fly	Rear Delt & Trap	10 x 3
Alternate Dumbbell Curl	Biceps	10 x 3
Glute Bridge	Glutes	10 x 2
Side Plank Rotation	Core	10 x 2

Thursday

Exercise	Muscle Worked	Reps
Dive Bomber Push-ups	Chest & Front Delt	10 x 2
Dumbbell Bench Press	Chest	12 x 3
Dumbbell Fly	Chest	10 x 2
Dumbbell French Press	Triceps	10 x 3
Bench Dips	Triceps	10 x 3
Dumbbell Sumo Squat	Legs	12 x 3
Donkey Calf Raise	Calves	12 x 3

Friday

Exercise	Muscle Worked	Reps
Bodyweight Step-up	Legs	10 x 3
Pike Pushup	Shoulder	10 x 2
Dumbbell Lateral Raises	Side Delt	12 x 3
Single-arm DB Row	Back	10 x 3
Dumbbell Pullover	Back and Chest	10 x 3
Concentration Curl	Biceps	10 x 3
Superman Hold	Lower Back	10-sec x 2

Week 2

Monday

Exercise	Muscle	Reps
Dumbbell Swings	Full Body	15 x 2
Dumbbell Deadlift	Full Body	6-8 x 3
Incline Dumbbell Bench Press	Chest	12 x 3
Diamond Pushup	Triceps	10 x 3
Dumbbell Leg Curl	Hamstrings	10 x 3
Lying Leg Lifts	Core	10 x 2
Dead Bug Crunches	Core	10 x 2

Tuesday

Exercise	Muscle	Reps
Burpee	Full Body	10 x 2
Push-ups	Chest & Triceps	15 x 2
Seated DB IYT Raises	Shoulder	8 x 3
Bent-Over DB Row	Back	12 x 3
Banded Seated Row	Back	10 x 3
Dumbbell RDL	Hamstrings	10 x 3
Glute Bridge	Glute	10 x 2

Thursday

Exercise	Muscle	Reps
Bodyweight Power Maker	Full Body	10 x 2
Australian Pullup	Back	10 x 2
Single-arm Dumbbell Row	Back	10 x 3
Incline Dumbbell Bicep Curl	Biceps	10 x 3
Superman Lift	Lower Back	10 x 2
Dumbbell Side Bend	Oblique	10 x 2
Side Plank Rotation	Oblique	10 x 2

Friday

Exercise	Muscle	Reps
Bodyweight Lateral Lunges	Legs	10 x 2
Bodyweight Step-up	Legs	10 x 2
Dumbbell Arnold Press	Shoulder	10 x 3
Dumbbell Lateral Raises	Shoulder	10 x 3
Incline DB Bench Press	Chest	12 x 3
Triangle Pushups	Chest & Triceps	10 x 3
Bench Dips	Triceps	10 x 3

Week 3

Monday

Exercise	Muscle	Reps
Bodyweight Power Maker	Full Body	10 x 2
Dumbbell Deadlift	Back	12 x 3
Alternate Dumbbell Curl	Biceps	10 x 3
One-arm DB Row	Back	10 x 3
Dumbbell Reverse Fly	Trap & Rear Delt	10 x 3
Glute Bridge	Glutes	10 x 2
Front and Side Plank	Core	60-sec

Tuesday

Exercise	Muscle Worked	Reps
Push-ups	Chest and Triceps	15 x 2
Dumbbell Squat	Legs	12 x 3
Bodyweight Bulgarian Squat	Legs	10 x 2
Dumbbell Bench Press	Chest	12 x 3
Dumbbell Pullover	Chest	10 x 3
One-arm Tricep Extension	Triceps	10 x 3
Bird Dog Plank	Abs & Lower Back	10 x 2

Thursday

Exercise	Muscle	Reps
Kneeling Squat Jump	Lower Body	10 x 2
Seated IYT Raises	Shoulder	6-8 x 3
Dumbbell Bent-over Row	Back	12 x 3
Dumbbell Romanian Deadlift	Hamstrings	6-8 x 3
Alternate Dumbbell Curl	Biceps	10 x 3
Bench Dips	Triceps	10 x 3
Lying Leg Raises	Lower Abs	10 x 2
Dead Bug Crunches	Abs	10 x 2

Friday

Exercise	Muscle	Reps
Dive Bomber Push-ups	Chest & Delts	10 x 2
Incline Dumbbell Bench Press	Chest	12 x 3
Dumbbell Overhead Press	Shoulder	10 x 2
Dumbbell French Press	Triceps	10 x 3
Bodyweight Sumo Squat	Legs	10 x 3
Banded Seated Row	Back	10 x 3
Donkey Calf Raise	Calves	12 x 3

Week 4

Monday

Exercise	Muscle	Reps
Squat Jump	Legs	10 x 3
Pike Pushup	Shoulder	10 x 2
Deadlift	Legs, Back	12 x 3
Incline Plank Rowing	Back, Core	10 x 3
Hammer Curl	Biceps	10 x 3
Inchworm	Full Body	30-sec x 2
Superman Hold	Lower Back	10-sec x 2

Tuesday

Exercise	Muscle	Reps
Power Maker	Full Body	10 x 2
Incline IYT Raises	Shoulder, Back	6-8 x 3
Dumbbell Bench Press	Chest	12 x 3
Dumbbell Bent-over Row	Back	10 x 3
Bench Dips	Triceps	10 x 3
Alternate Dumbbell Curl	Biceps	10 x 3
Dumbbell Side Bend	Oblique	10 x 2
Wall Deadbug	Abs	10 x 2

Thursday

Exercise	Muscle Worked	Reps
Australian Pull-ups	Back	10 x 3
Push-ups	Chest and Triceps	15 x 2
Dumbbell Squat	Legs	12 x 3
Dumbbell Arnold Press	Shoulder	10 x 3
Banded Seated Row	Back	12 x 3
Glute Bridge	Glute	10 x 3
Front and Side Plank	Core	60-sec

Friday

Exercise	Muscle	Reps
Kneeling Squat Jump	Lower Body	10 x 2
Dumbbell Deadlift	Legs and Back	6-8 x 3
Single-arm Dumbbell Row	Back	10 x 3
Dumbbell Lateral Raises	Side Delt	10 x 3
Dumbbell Reverse Fly	Back, Rear Delt	10 x 3
Triangle Push-up	Chest, Triceps	10 x 3
Lying Leg Raises	Abs	10 x 2

Week 5

Monday

Exercise	Muscle	Reps
Bodyweight Step-up	Legs	10 x 2
Dive Bomber Push-ups	Chest & Delts	10 x 2
Incline Dumbbell Bench Press	Chest	12 x 3
Dumbbell Overhead Press	Shoulder	10 x 2
Bodyweight Sumo Squat	Legs	10 x 3
Dumbbell Leg Curl	Hamstring	10 x 3
Donkey Calf Raise	Calves	12 x 3

Tuesday

Exercise	Muscle	Reps
Burpee	Full Body	10 x 2
Renegade Row	Back, Core	12 x 3
Incline IYT Raise	Back, Shoulder	10 x 3
Bulgarian Split Squat	Legs	10 x 3
Dumbbell RDL	Hamstrings	10 x 3
Inchworm	Full Body	30-sec x 2
Front and Side Plank	Core	60-sec

Thursday

Exercise	Muscle	Reps
Bodyweight Lateral Lunges	Legs	10 x 2
Dumbbell Arnold Press	Shoulder	10 x 3
Dumbbell Bench Press	Chest	10 x 3
Dumbbell Fly	Chest	12 x 3
Triangle Pushups	Chest & Triceps	10 x 3
Glute Bridge	Glute	10 x 3

Friday

Exercise	Muscle Worked	Reps
Australian Pull-ups	Back	10 x 3
Push-ups	Chest and Triceps	15 x 2
Dumbbell Squat	Legs	12 x 3
Bent-over DB Row	Back	10 x 3
Banded Seated Row	Back	12 x 3
Dumbbell Lateral Raise	Shoulder	10 x 3
Dumbbell Pullover	Chest	10 x 3

Week 6

Monday – Push Workout

Exercise	Muscle	Reps
Push-ups	Chest and Triceps	15 x 2

Dumbbell Squat	Legs	12 x 3
Dumbbell Arnold Press	Shoulder	10 x 3
Dumbbell Bench Press	Chest	12 x 3
Incline DB Bench Press	Chest	10 x 3
One-arm Tricep Extension	Triceps	10 x 3
Hip Thrust	Glute	10 x 3

Tuesday – Pull Workout

Exercise	Muscle	Reps
Bodyweight Renegade Row	Back, Core	12 x 3
Dumbbell Deadlift	Legs and Back	10 x 3
Bodyweight Superman Pull	Back	10 x 3
Incline Plank Rowing	Back and Core	10 x 3
Dumbbell Leg Curl	Hamstrings	10 x 3
Alternate Dumbbell Curl	Biceps	10 x 3
Dumbbell Hammer Curl	Biceps	10 x 3

Thursday – Push Day

Exercise	Muscle	Reps
Bodyweight Squat	Legs	
Dumbbell Bench Press	Chest	15 x 2
Dumbbell Fly	Chest	12 x 3
Triangle Push-ups	Chest, Triceps	10 x 3
Incline DB French Press	Chest	12 x 3
Bench Dips	Chest	10 x 3
Dumbbell Sumo Squat	Legs	10 x 3

Friday – Pull day

Exercise	Muscle	Reps
Australian Pull-ups	Back	12 x 3
Bent-over Dumbbell Row	Back	10 x 3
Banded Seated Row	Back	10 x 3
Dumbbell Romanian Deadlift	Hamstrings	10 x 3
Incline Dumbbell Curl	Biceps	10 x 3
Concentration Curl	Biceps	10 x 3
Crunches	Core	10 x 2

Week 7

Monday – Push Workout

Exercise	Muscle	Reps
Bodyweight Step-up	Legs	10 x 2
Dumbbell Bench Press	Chest	12 x 3
Incline Dumbbell Bench Press	Chest	10 x 3
Dumbbell Arnold Press	Shoulder	10 x 3
Dumbbell Lateral Raises	Shoulder	12 x 3
One-arm Tricep Extension	Triceps	10 x 3
Banded Leg Press	Quadriceps	10 x 3

Tuesday – Pull Workout

Exercise	Muscle	Reps
Renegade Row	Back	10 x 2
Single-arm DB Row	Back	10 x 3
Superman Pull	Back	10 x 2
Dumbbell Leg Curl	Hamstrings	10 x 3
Dumbbell Preacher Curl	Biceps	10 x 3
Hammer Curl	Biceps	10 x 3
Crunches	Core	10 x 2

Thursday – Push Day

Exercise	Muscle	Reps
Bodyweight Squat	Legs	10 x 3
Lateral Lunges	Legs	10 x 2
Incline Dumbbell Bench Press	Chest	12 x 3
Dumbbell Fly	Chest	10 x 3
Diamond Push-up	Shoulder	10 x 3
Dumbbell Lateral Raises	Shoulder	12 x 3
Incline Dumbbell French Press	Triceps	10 x 3

Friday – Pull day

Exercise	Muscle	Reps
Dumbbell Deadlift	Legs and Back	10 x 3
Bent-over Dumbbell Row	Back	10 x 3
Incline Plank Rowing	Back and Core	10 x 3
Decline Dumbbell Pullover	Lats	10 x 3
Dumbbell Leg Curl	Hamstrings	10 x 3
Alternate Dumbbell Curl	Biceps	10 x 3
Dumbbell Hammer Curl	Biceps	10 x 3

Week 8

Monday – Push Workout

Exercise	Muscle	Reps
Dumbbell Sumo Squat	Legs	10 x 3
Dumbbell Leg Extension	Legs	10 x 2
Incline Dumbbell Bench Press	Chest	11 x 3
Dumbbell Overhead Press	Shoulder	12 x 3
Dumbbell Front Raise	Shoulder	10 x 3
Diamond Push-up	Triceps	12 x 3
Bench Dips	Triceps	10 x 3

Tuesday – Pull Workout

Exercise	Muscle	Reps
Australian Pull-ups	Back	12 x 3
Bent-over Dumbbell Row	Back	10 x 3
Banded Seated Row	Back	10 x 3

Dumbbell Romanian Deadlift	Hamstrings	10 x 3
Incline Dumbbell Curl	Biceps	10 x 3
Concentration Curl	Biceps	10 x 3
Leg Lifts	Core	10 x 2

Thursday – Push Day

Exercise	Muscle	Reps
Push-ups	Chest	10 x 3
Dumbbell Squat	Legs	10 x 2
Dumbbell Bench Press	Chest	12 x 3
Pike Push-ups	Shoulder	10 x 2
Dumbbell Overhead Press	Shoulder	10 x 3
One-arm Tricep Extension	Triceps	10 x 3
Glute Bridge	Glute	10 x 3

Friday – Pull day

Exercise	Muscle	Reps
Renegade Row	Back	10 x 2
Single-arm DB Row	Back	10 x 3
Superman Pull	Back	10 x 2
Dumbbell Leg Curl	Hamstrings	10 x 3
Dumbbell Preacher Curl	Biceps	10 x 3
Hammer Curl	Biceps	10 x 3
Crunches	Core	10 x 2

Week 9

Monday – Push Workout

Exercise	Muscle	Reps
Bodyweight Squat	Legs	10 x 3
Reverse Lunges	Legs	10 x 2
Pike Pushup	Shoulder	10 x 2
Incline Dumbbell Bench Press	Chest	12 x 3
Dumbbell Bench Press	Chest	10 x 3
Lateral Raises	Shoulder	10 x 3
Incline Dumbbell French Press	Triceps	10 x 3

Tuesday – Pull Workout

Exercise	Muscle	Reps
Dumbbell Deadlift	Legs and Back	10 x 3
Bent-over Dumbbell Row	Back	10 x 3
Incline Chest Supported Row	Back and Core	10 x 3
Decline Dumbbell Pullover	Lats	10 x 3
Dumbbell Leg Curl	Hamstrings	10 x 3
Alternate Dumbbell Curl	Biceps	10 x 3
Dumbbell Hammer Curl	Biceps	10 x 3

Thursday – Push Day

Exercise	Muscle	Reps
Bodyweight Step up	Legs	10 x 3
Dumbbell Squat	Legs	10 x 2
Dive Bomber Pushups	Chest	10 x 2
Incline Dumbbell Bench Press	Chest	12 x 3
Dumbbell Overhead Press	Shoulder	12 x 3
Dumbbell Lateral Raises	Shoulder	10 x 3
Bench Dips	Triceps	10 x 3

Friday – Pull day

Exercise	Muscle	Reps
Australian Pull-ups	Back	12 x 3
Superman Pull	Back	10 x 3
Banded Seated Row	Back	10 x 3
Single-arm Dumbbell Row	Back	10 x 3
Dumbbell Romanian Deadlift	Hamstrings	10 x 3
Incline Dumbbell Curl	Biceps	10 x 3
Concentration Curl	Biceps	10 x 3

Week 10

Monday – Push Workout

Exercise	Muscle	Reps
Dumbbell Squat	Legs	10 x 3
Dumbbell Bench Press	Chest	12 x 3
Incline DB Bench Press	Chest	10 x 2
Dumbbell Arnold Press	Shoulder	10 x 3
Triangle Pushups	Triceps	10 x 3
Bench Dips	Triceps	10 x 3
Glute Bridge	Glute	10 x 3

Tuesday – Pull Workout

Exercise	Muscle	Reps
Renegade Row	Back, Core	10 x 2
Dumbbell Deadlift	Back, Legs	6-8 x 3
Incline IYT Raise	Back, Shoulder	6-8 x 3
Dumbbell Leg Curl	Hamstrings	10 x 3
Dumbbell Preacher Curl	Biceps	10 x 3
Hammer Curl	Biceps	10 x 3
Reverse Crunches	Core	10 x 2

Thursday – Push Day

Exercise	Muscle	Reps
Bodyweight Squat	Legs	10 x 3
Reverse Lunges	Legs	10 x 2
Pike Pushup	Shoulder	10 x 2

Incline Dumbbell Bench Press	Chest	12 x 3
Dumbbell Squeeze Press	Chest	10 x 3
Bent-arm Lateral Raises	Shoulder	10 x 3
Incline Dumbbell French Press	Triceps	10 x 3

Friday – Pull day

Exercise	Muscle	Reps
Dumbbell Swings	Legs, Back	10 x 3
Single-arm Dumbbell Row	Back	10 x 3
Incline Chest Supported Row	Back, Shoulder	10 x 3
Decline Dumbbell Pullover	Lats	10 x 3
Dumbbell Romanian Deadlift	Hamstrings	10 x 3
Alternate Dumbbell Curl	Biceps	10 x 3
Dumbbell Hammer Curl	Biceps	10 x 3

Related Exercises:

1. [Dumbbell Leg Exercises \(An Ultimate Guide\)](#)
2. [The 10 Best Dumbbell Exercises For Strong Back](#)
3. [15 Best Dumbbell Bicep Exercises For Ultimate Growth](#)
4. [9 Best Dumbbell Triceps Exercises For Toned Arms](#)
5. [The 10 Best Dumbbell Exercises For Shoulder](#)
6. [18 Best Dumbbell Chest Exercises To Do At Home](#)

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