

The Best Dumbbell and Bodyweight Workout Plan for Muscle Gain

Created by: [Murshid Akram](#)

Check out [article](#) for more info

Summary

Routine Type	Split Workout
Program Goal	Increase Strength and Size
Workout Level	Beginners to Intermediate
Target Gender	Male and Female
Frequency	Five times a week
Recommended Supplement	Whey Protein Isolate

Additional information:

- 1) **Equipment Needed:** You need a set of light to heavy dumbbells and a flexible workout bench to perform exercises efficiently.
- 2) **Core Workout:** You can do the abdominal exercise once or twice weekly to forge your core. For that, you can do this [10-min abs workout](#).
- 3) **Session Duration:** A workout session can be 45 to 60 minutes long.
- 4) **Expected Program Duration:** You can use this dumbbell and bodyweight workout program for 12 to 16 weeks to see the significant results.

Dumbbell And Bodyweight Workout Plan

Schedule

- **Monday:** Chest and Arms
- **Tuesday:** Legs and Shoulders
- **Wednesday:** Back and Arms
- **Thursday:** OFF

- **Friday:** Chest and Shoulder
- **Saturday:** Legs and Back
- **Sunday:** OFF

Monday: Chest and Arms

Exercise	Reps	Sets	Rest
Push-ups	10-15	2	60-sec
Dumbbell Bench Press	10-12	3	2 min
Incline DB Bench Press	8-12	3	2 min
Bench Dips	10-15	3	90-sec
Dumbbell French Press	8-12	3	90-sec
Dumbbell Kickback	8-12	3	90-sec
Alternate Dumbbell Curl	8-12	3	90-sec
Dumbbell Hammer Curl	8-12	3	90-sec

Tuesday: Legs and Shoulders

Exercise	Reps	Sets	Rest
High Knees	10-12	2	30-sec
Dumbbell Squat	12-15	3	1-min
Bodyweight Step-up	8-12	3	1-min
Dumbbell RDL	6-10	3	90-sec
Pike Pushup	8-12	2	90-sec
Dumbbell Overhead Press	12-15	3	2 min
Dumbbell Lateral Raises	8-12	3	90-sec
Dumbbell Rear Delt Raises	8-12	3	2 min

Wednesday: Back and Arms

Exercise	Reps	Sets	Rest
Australian Pullup	8-12	3	1-min
Bent-over Dumbbell Row	10-12	3	90-sec
Dumbbell Seal Row	8-12	3	90-sec
Bodyweight IYT Raises	8-10	2	1-min
Bodyweight Diamond Pushup	10-12	2	2 min
Single-arm Tricep Extension	10-12	3	90-sec

Incline Dumbbell Bicep Curl	8-12	3	2 min
Dumbbell Concentration Curl	8-12	3	90-sec

Friday: Chest and Shoulder

Exercise	Reps	Sets	Rest
Dive Bomber Push-ups	8-12	2	2 min
Incline DB Bench press	10-12	3	2 min
Dumbbell Fly	8-12	3	90-sec
Dumbbell Pullover	8-12	2	90-sec
Dumbbell Front Raises	8-12	3	90-sec
Bent-arm Lateral Raises	8-12	3	90-sec
Dumbbell Rear Delt Fly	8-12	3	90-sec
Dumbbell Shrugs	8-12	3	90-sec

Saturday: Legs and Back

Exercise	Reps	Sets	Rest
Dumbbell Deadlift	6-10	3	2 min
Dumbbell Lunges	8-12	2	90-sec
Dumbbell Sumo Squat	10-12	3	2 min
Lying Dumbbell Leg Curl	8-12	3	90-sec
Incline Dumbbell IYT Raises	6-8	3	2 min
Dumbbell Bent-over Row	10-12	3	90-sec
Dumbbell Facepull	8-12	3	90-sec

The Takeaway

The combination of bodyweight and dumbbell exercises gives you more exercise options and enables you to train efficiently.

You can design a workout program on your own or you can use the above one. The above bodyweight and dumbbell workout plan is a four-week training program to get you in shape. You don't need much equipment, so it's easy to follow. It is designed for anyone looking to improve strength, endurance, muscle mass, and body composition.

To maximize your results, you should take care of a few things, such as progressive overload, nutrition, and muscle recovery. If you follow all these things, you'll gain strength and muscles quickly.

Explore More [Workout Plans](#)

Help Us Grow on Social Medias

[Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#)