

4-Day Split Upper/Lower Dumbbell Workout

Created by: [Murshid Akram](#)

Check out [article](#) for more info

Summary of the Dumbbell Split Workout

Type of training	Split Training (Upper/Lower)
Who can do this	Beginner, Intermediate
Target Gender	Male and Female
Equipment needed	Dumbbells, Workout Bench
Training Frequency	4 days a week
Program Duration	12 weeks
Training Goal	Increase muscle strength and mass
Duration of the one-day training	45 to 60 minutes
Suitable time for the training	Any time of the day
Preceding Workout Plan	3-Day Dumbbell Workout
Succeeding Workout Plan	5-Day Split Dumbbell Workout

Other information:

- Start with light dumbbells and increase the weight in the next sets.
- Perform low intensity [bodyweight aerobic exercises](#) for five minutes to increase your heart rate and oxygen flow before starting the main workout.
- If any exercise is challenging for you, replace it with a similar or your preferred exercise.
- Pick some exercises from the above list and replace them with existing exercises in the subsequent weeks.
- Equipment Needed: A [set of adjustable dumbbells](#) and a [workout bench](#).

Recommended Supplements:

Pre-Workout	During Workout	Post Workout
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Redcon1 Total War Pre-Workout	BSN Amino X Muscle Recovery & Endurance Powder	Levels Grass Fed 100% Whey Protein, No Hormones
Optimum Nutrition Amino Energy	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder
ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Body Fortress Whey Protein Powder

Day 1 – Monday – Upper Body – Chest, Shoulder, and Triceps

Exercises	Reps	Sets	Rest
Flat Bench Press	12	3	90 seconds
Incline Bench Press	10	3	90 seconds
Incline Dumbbell Fly	10	3	1-2 minutes
Dumbbell Pullover	10	3	90 seconds
Arnold Press	10	3	1-2 minutes
Dumbbell Lateral Raises	10	3	1-2 minutes
Lying Single-arm Tricep Extension	12	3	90 seconds

Day 2 – Tuesday – Lower Body

Exercise	Reps	Sets	Rest
Dumbbell Goblet Squat	15	3	90 seconds
Dumbbell Leg extension	10	2	90 seconds
DB Romanian Deadlift	10	2	90 seconds
Dumbbell Leg Curl	10	3	90 seconds
Dumbbell Step-up	10	2	60 seconds
One-Leg Leaning Calf Raise	10/side	3	60 seconds

Day 3 – Thursday – Upper Body – Back, Biceps, and Rear Delt

Exercise	Reps	Sets	Rest
Incline I-Y-T Raises	6-8	3	60 seconds
Bent Over Row	12	3	90 seconds
One-arm Row	10	2	90 seconds
Reverse Fly	10	3	90 seconds
Incline Dumbbell Curl	10	3	60 seconds
Concentration Curl	10	3	60 seconds
Hammer Curl	10	2	60 seconds
Reverse Wrist Curl	10	2	60 seconds

Day 4 – Saturday – Leg and Core

Exercise	Reps	Sets	Rest
Lunges	10	3	90 seconds
Standard Squat	10	3	90 seconds
Single-Leg RDL	10	3	90 seconds
Glute Bridge	10	3	90 seconds
Dumbbell Side Bend	10	2	30 seconds
Dumbbell Wood Chop	10	2	30 seconds
Lying DB Leg Raises	10	2	60 seconds
DB Crunches	10	2	30 seconds

I've also designed [an ultimate 72 days detailed dumbbell workout program](#) that is great for scaling up your fitness level and improving your physique at home. You can also have a look. I hope you'll like that.

Is Dumbbell 4 Day Split Workout Effective?

Split-body training is an effective way to achieve maximum results. It involves splitting up your upper and lower body workout into two different sessions and ensures you can focus on each muscle group efficiently.

Split training helps increase strength and size over time. A study has also shown a split routine stimulates more muscle growth than [total body training](#) in experienced, resistance-trained men.¹

Moreover, the consistency of resistance training, macros management, and muscle recovery play key roles in achieving your best physique.

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ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Body Fortress Whey Protein Powder

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Related Workout Routines:

- [PPL Dumbbell Workout Routine \(3-4-5-6 Day Split w/PDF\)](#)
- [30-Day Dumbbell Superset Workout Plan at Home with PDF](#)
- [10 Week Home Workout Plan with Free PDF \(No Gym\)](#)
- [The Ultimate 30-Day Dumbbell Only Weight Loss Program](#)
- [No Bench Dumbbell Workout Plan with PDF](#)

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