

Best Examples of Dumbbell Circuit Workouts

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15-minute Full Body Circuit Workout for

Details about the workout:

- Duration: 15 minutes
- Intensity: 60-75% of MHR
- Number of rounds: 1
- Interval time between exercises: 30-45 seconds
- Suitable for: Beginners (Male and Female)

Workout:

- 15 [Front Squats](#)
- 12 [Overhead Presses](#)
- 10 [Step-ups](#)
- 10 [Floor Presses](#)
- 10 [30-degree Incline IYT Raises](#)
- 10 [Lying Leg Curls](#)
- 10 [DB Pullovers](#)
- 10 [One-arm Dumbbell Rows](#)

How many days a week can you do this? You can perform this 15-minute dumbbell circuit workout seven days a week. But make sure to replace some exercises with new ones.

More Exercise Options

- [Dumbbell Pull Workout: 20 Best Exercises to do on Pull Day](#)
- [Dumbbell Push Workout: 12 Best Exercises to Do On Push Day](#)
- [15 Best Dumbbell Workouts for Arms and Chest](#)
- [List of Dumbbell Exercises For Each Muscle \(100+ Workouts\)](#)

30-minute Upper/Lower Circuit Workout

By alternating between upper body exercises, such as bicep curls and triceps extensions, and lower body exercises, such as squats and lunges, you'll be able to work out both your upper and lower body at the same time.

Summary:

You'll do three rounds of 10 minutes each to complete thirty minutes of circuit training.

- Duration: 30 minutes
- Intensity: 70% of MHR
- Number of rounds: 3
- Rest between rounds: 3 minutes
- Interval time between exercises: 30-90 seconds
- Suitable for: Intermediate (Men and Women)

Circuit 1

Exercise	Reps
Overhead Press	12
Sumo Squat	12
Floor Press	12
Leg Curl	12
Alternate Bicep Curl	12

Circuit 2

Exercise	Reps
Bent-over Row	12
Step-up	12
Lateral Raises	12/side

Front Lunges	12
French Press	12

Circuit 3

Exercise	Reps
Dumbbell Pullover	10
Dumbbell Deadlift	10
One-arm Dumbbell Row	10/side
Glute Bridge	10
Seated Rear Delt Raise	10

How many times a week can you do this work out? You can perform this 30-minute workout four to five times a week.

Note: You can increase the rest time between exercises or decrease the number of reps if you feel over-exhausted.

45-minute Push/Pull/Legs/Core Circuit Workout

45-minute Dumbbell Circuit Training

This 45 minute of circuit training includes five rounds, and each round will take 9 minutes to complete.

- Duration: 45 minutes
- Intensity: 60-70% of MHR
- Number of rounds: 5
- Rest between rounds: 3 minutes
- Interval time between exercises: 30-45 seconds
- Suitable for: Intermediate (Men only)

Round	Push	Pull	Leg	Core
1	10 Arnold Presses	10 Bent-over Rows	15 Sumo Squats	10 Side Bends
2	10 Incline Bench Presses	10 Pullovers	10 Lunges	10 Reverse Crunches
3	10 Lateral Raises	10 Single-arm DB Row	10 Step up	15-sec Russian Twist
4	10 French Presses	10 Hammer Curls	10 Leg Curl	10 Crunches
5	10 Single-arm Tricep Extension	10 Reverse Flyes	10 Calf Raises	10-sec Hollow Body

How often can you do this? You can do this 45-minute dumbbell circuit workout three to four times a week.

Note: It will be challenging and test your endurance level, so make sure you're ready for this.

60-minute Total Body Circuit Workout

Doing one hour of dumbbell circuit training can be challenging and require decent stamina and muscular endurance. However, if you're working out for a while, you should try this routine.

It includes four rounds of 15 minutes each, and each round comprises five exercises.

- Duration: 60 minutes
- Intensity: 60-70% of MHR
- Number of rounds: 4
- Rest between rounds: 3 minutes
- Interval time between exercises: 30-45 seconds
- Level: Advanced
- Target Gender: Men only

Circuit 1

- 15 Dumbbell Squats
- 12 Overhead Presses
- 12 Bent-over Rows
- 12 Floor Presses
- 10 Lunges

Circuit 2

- 12 Lateral Raises
- 10 Step-up
- 12 Pullovers
- 10 [Romanian Deadlift](#)
- 12 French Presses

Circuit 3

- 12 Incline Bench Presses

- 10 One-arm DB Rows/side
- 12 Rear Delt Flyes
- 10 Lying Leg Curls
- 10 Alternate Bicep Curls/arm

Circuit 4

- 15 Sumo Squats
- 10-sec Hollow Body
- 10 Single-arm Tricep Extension/side
- 10 Alternate Hammer Curl/hand
- 10 Straight-arm Crunches

How many days a week can you perform this? It will be intense circuit training, so doing it three times a week would be enough.

I've also created an [ultimate 72-day dumbbell workout plan](#) to help you build muscles and improve your fitness at home. So, you can check that out as well.

Recommended Supplements:

Apple Cider Vinegar Gummies - 1000mg	Body Fortress Whey Protein Powder
Burn-XT Thermogenic Fat Burner	Levels Grass Fed 100% Whey Protein, No Hormones
ZonePerfect Protein Bars	Orgain Organic Vegan Protein Powder

If the above workout plan helped you, kindly support my work buying through these affiliate links.

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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