

30-MINUTE DUMBBELL CARDIO WORKOUT TO LEVEL UP YOUR FITNESS

Created by: [Murshid Akram](#)

Check out [article](#) to see how to perform each exercise.

Monday

- 30-second DB Carrying Walk
- 10 American Swing
- 10 Front Squat to Overhead Presses
- 10 Straight-arm Sit-ups
- 15 Crush Grip Bent Over Rows
- 10 Hip Thrusts
- Perform as many rounds as possible in thirty minutes.

Tuesday

- 10 Cossack Squats
- 10 Thrusters
- 15-sec Russian Twist
- 10 Step-up/leg
- 10 Standing DB Wood Chops on each side
- 8 Pop Squats
- Repeat as many times as possible in 30 minutes.

Thursday

- 15-sec Squat Pulses
- 5 Clean and Presses
- 5 Single-Arm Snatches/arm
- 10 Dumbbell Clusters

- 10 Pendley Rows
- 10 Incline One-arm Plank Rows on each side
- 10 Lateral Delt Raises
- Aim for three to five rounds.

Friday

- 5 Lunges to Torso Rotation/side
- 10 Seated Low to High Chops/side
- 5 DB Surrender/side
- 15-sec Shadow Punches
- 10 American Swings
- 8 Pop Squats
- 15-sec Plank Dumbbell Drag
- Shoot for three to five rounds.

Check out [article](#) to see how to perform each exercise.

Helpful Resources:

- [30-Day Dumbbell Superset Workout Plan at Home with PDF](#)
- [41 Single Dumbbell Exercises](#)
- [The Best Dumbbell HIIT Workout Plan](#)

I've also designed an ultimate [72 days dumbbell workout routine](#) for all fitness enthusiasts. This includes hundreds of exercises and high and low rep ranges sets. And the best thing is you can follow this program at your own pace.

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