

DUMBBELL CORE WORKOUT TO TRANSFORM YOUR ABS

Created by: [Murshid Akram](#)

Check out [article](#) for more info

Workout Description

- 1. Type of exercises:** I've included both dumbbell and bodyweight exercises in the below programs. Combining them will help you achieve an overall solid core.
- 2. Target Gender:** Males and females can both use this program to sculpt their midsection.
- 3. Sessions/week:** This program includes three core workout sessions per week, meaning you'll hit your abs every alternate day.
- 4. Workout duration/session:** From 15 minutes to half an hour, I've created three different routines. Depending on how much you work out, you can follow one of them.
- 5. Suggested program duration for noticeable results:** You should follow this program for at least two months to see the results.
- 6. Customization:** You can make as many changes as you want to make this program fit for you.

15-Minute Dumbbell Core Workout for Beginners to Get Started

You can try this 15-minute workout if you want to hit your abs with dumbbells for the first time. It will help you bolster your midsection, [increase your core muscle endurance](#), and improve your overall performance.

Monday

- 30-sec Farmer's Walk
- 15-sec Mountain Climber
- 10 Dumbbell Sit-ups
- 10 DB Reverse Crunches
- 15-sec High Knees
- 10 [Heel Taps Over DB](#)
- 10 High-to-low Chops on each side
- Do as many rounds as possible in 15 minutes.

Wednesday

- 15-sec High Knees
- 5 Burpees
- 10 [DB Tabletop Crunches](#)
- 10 (reps) [Plank Rotation](#) on each side
- 20-sec Mountain Climbers
- 15-sec [DB Flutter Kicks](#)
- 10 Low-to-High Chops per arm
- Repeat as many times as possible in 15 minutes.

Friday

- 10 Squat Jumps
- 5 Forward Lunges with Rotation/side
- 10 Lying Leg Lifts
- 10 DB Tabletop Crunches
- 15-sec Dumbbell Russian Twist
- 30-sec [Plank Dumbbell Drag](#)
- 45-sec Forearm Front Plank
- Do it as rounds as possible in 15 minutes.



20-Minute Dumbbell Ab Workout to Forge Midsection

If you're looking for a workout plan that hits your abdominal muscles from every angle, you can try this 20-minute dumbbell core workout routine.

This workout will help you strengthen your midsection, shape your six-pack abs, and take your core strength to the next level.

Monday

- 15-sec Mountain Climber
- 10 Burpees
- 10 [Side Plank Hip Lifts](#) on each side
- 10 Straight-arm Crunches
- 15-sec High Knees
- 10 Half Kneeling High-to-low Dumbbell Chops/side
- 10 Dumbbell Reverse Crunches
- 15-sec Plank jack
- Do as many rounds as possible in 20 minutes.

Wednesday

- 10 Squat Jumps
- 15-sec [Russian Twist](#)
- 10-sec Hollow Body Hold
- 15 Pushups
- 5 (reps) [Lying Dumbbell Oblique Twist](#)/side
- 30-sec Plank Dumbbell Drag

- 10 Low-to-High Chops on each side
- 15-sec Crossbody Mountain Climber
- 10 Tabletop Crunches
- Repeat as many times as possible in 20 minutes.

Friday

- 15-sec High Knees
- 10 Dumbbell Sit-ups
- 10 [DB Oblique Wipers](#)
- 10 DB Flutter Kicks
- 5 Lunges with Torso Rotation/side
- 15-sec Plank Jack
- 10 Heel Taps Over DB
- 10 Side Plank Hip Dips per side
- 10 Lying Leg Lifts
- Perform as many rounds as possible.



30-Minute Dumbbell Workout to Reveal Your Abs

Whether you want to solidify your core or craft your rectus abdominis muscles, you can perform this 30-minute dumbbell abs workout.

This workout will also help you burn fats, shed excess kilos, [enhance cardiovascular health](#), and improve your body composition.

Monday

- 15-sec Mountain Climber
- 10 Burpees
- 10 Side Plank Hip Dips on each side
- 10 Straight-arm Crunches
- 15-sec High Knees
- 10 Half Kneeling High-to-low Dumbbell Chops/side
- 10 Dumbbell Reverse Crunches
- 15-sec Plank jack
- Do as many rounds as possible.

Wednesday

- 15-sec High Knees
- 10 Dumbbell Sit-ups
- 10 DB Oblique Wipers
- 10 DB Flutter Kicks
- 10 Low to High Wood Chops/side
- 15-sec Plank Jack
- 10 Heel Taps Over DB
- 10 Side Plank Hip Dips per side
- 10 Lying Leg Lifts
- Repeat until thirty minutes.

Friday

- 10 Squat Jumps
- 15-sec Mountain Climber
- 10-sec Hollow Body Hold
- 15 Standard Pushups
- 5 (reps) Lying DB Oblique Twist/side
- 15-sec High Knees
- 30-sec Plank Dumbbell Drag
- 10 Low-to-High Chops on each side
- 15-sec Crossbody Mountain Climber
- 10 Tabletop Crunches

- Perform as many rounds as possible in 30 minutes.

Can Dumbbell Core Exercises Build Six-pack Abs?

Training your core with dumbbells increases strength and muscle endurance as well as helps thicken rectus abdominis. However, exercises are only a part of six-pack training. The primary thing is diet, and diet is a separate thing, so it is best to consult a nutritionist if you want to reveal your abs.

Helpful Resources:

- [6 Best Dumbbell Plank Exercises to Build Sturdy Core](#)
- [Triset For Abs: The Best Core Workout You've Ever Done](#)
- [The Best HIIT Core Workout Routine](#)
- [23 Best Plank Variations and Their Benefits](#)

I've also designed an ultimate [72 days dumbbell workout routine](#) for all fitness enthusiasts. This includes hundred 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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