

30-MINUTE SINGLE DUMBBELL WORKOUT PLAN

Created by: [Murshid Akram](#)

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The Best Single Dumbbell Exercises List

- [1. Dumbbell Lunge](#)
- [2. Single Dumbbell Squat](#)
- [3. Single-Leg RDL](#)
- [4. Dumbbell Glute Bridge](#)
- [5. Dumbbell Sumo Squat](#)
- [6. Single Leg Calf Raises](#)
- [7. Dumbbell Leg Extension](#)
- [8. Dumbbell Leg Curl](#)
- [9. Single-arm Chest Press](#)
- [10. Chest Fly](#)
- [11. Squeeze Press](#)
- [12. Single-arm Dumbbell Upward Fly](#)
- [13. Dumbbell Pullover](#)
- [14. Single Dumbbell Overhead Press](#)
- [15. One-arm Front Raise](#)
- [16. Single-arm Lateral Raise](#)
- [17. Single Bent-Arm Lateral Raise](#)

- [18. Rear Delt One Dumbbell Row](#)
- [19. Single-arm Dumbbell Shrug](#)
- [20. One-arm Dumbbell Curl](#)
- [21. Single-arm Hammer Curl](#)
- [22. Crossover Curl](#)
- [23. Single-arm Incline DB Curl](#)
- [24. Concentration Curl](#)
- [25. Single-arm Overhead Triceps Extension](#)
- [26. Triceps Kickback](#)
- [27. Both-arm Triceps Overhead Extension](#)
- [28. Single-arm DB Skull Crusher](#)
- [29. Wrist Curl](#)
- [30. Straight-arm Crunches](#)
- [31. DB Russian Twist](#)
- [32. Single DB Side Bend](#)
- [33. Dumbbell Side Plank](#)
- [34. DB Leg Raises](#)
- [35. Reverse Crunches](#)
- [36. Woodchop](#)
- [37. Single Dumbbell Row](#)
- [38. One-arm Dumbbell Reverse Fly](#)
- [39. Bent over Single DB Rowing](#)
- [40. Incline Plank Rowing](#)
- [41. DB Good Morning](#)

Weekly Workout Routine

Monday – Upper Body

Exercise	Reps x Sets	Rest
Single-arm Chest Press	10/arm x 2	10-sec
Unilateral Overhead Press	10/arm x 3	15-sec
Single-arm Lateral Raise	10/arm x 3	10-sec
Single Dumbbell Row	10/arm x 3	15-sec
Woodchop	10/arm x 2	10-sec

Tuesday – Lower Body

Exercise	Reps x Sets	Rest
Dumbbell Lunge	10 x 2	1-min
Front Dumbbell Squat	15 x 3	1-min
Dumbbell Glute Bridge	10 x 2	1-min
Dumbbell Leg Curl	12 x 3	1-min
Single Leg Calf Raises	15 x 2	30-sec

Wednesday – Upper Body

Exercise	Reps x Sets	Rest
Bent over Single DB Rowing	10/side x 2	10-sec
Dumbbell Pullover	10 x 3	1-min
One-arm Reverse Fly	10/arm x 3	15-sec
Single-arm Hammer Curl	15/arm x 2	15-sec
Overhead Triceps Extension	15 x 3	1-min

Friday – Lower Body

Exercise	Reps x Sets	Rest
Dumbbell Lunge	10/leg x 2	15-sec
Sumo Squat	15 x 3	1-min
Leg Extension	15 x 3	1-min
Dumbbell Leg Curl	12 x 3	1-min
Single-Leg RDL	5/leg x 2	30-sec

Saturday – Upper Body

Exercise	Reps x Sets	Rest
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DB Crush Grip Push-up	10/side x 2	10-sec
One-arm Chest Fly	10 x 3	1-min
Rear Delt One Row	10/arm x 3	15-sec
Straight-arm Crunches	6-10 x 2	15-sec
Incline Plank Rowing	10/arm x 3	1-min

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