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## Weekly 45-Minute Dumbbell Workout Plan to Shape Your Body

Equipment Focus	Dumbbells
Duration/Session	45-minute
Sessions/Week	6x weekly
Routine A	Single Muscle Split
Routine B	Upper Lower Split
Routine C	Superset Workout
Workout Goal	Build Strength, Muscle, & Endurance
Target Gender	Male & Female
Target Age Group	20-45 years

I'll share three different splits in this article. The first one focuses on one muscle group a day, the second one involves training the upper and lower body in separate sessions, and the third one is based on a multiple body parts superset approach. All three splits are good. You can follow any of them depending on your choice.

Whichever split you follow, I recommend following this warm-up to prepare your muscles for effective dumbbell training:

- 10 Low Lunge Arch (5 reps with 5-second hold per side)
- 10 World's Greatest Stretch (5 reps with 5-second hold on each side)
- 20 Dumbbell Reverse Lunges (10 reps per leg)
- 20 DB Single-arm Overhead Press (10 reps per side)
- 15 Bent-over Rows
- Single or Double Legged Deadlift (10 reps on each side or 15 reps)
- 30 Jumping Jacks
- Use light dumbbells to perform these movements.

## A. Single Body Part Split

This routine involves dedicating an entire workout session to training one specific muscle group or body part, such as chest, back, legs, arms, or shoulders.

It allows you to perform compound and isolation exercises for each muscle and helps you focus more on weaker areas to build a stronger body.

If you want an easy-to-understand 45-minute dumbbell program, get this one.

- Day 1: Chest
- Day 2: Back
- Day 3: Legs
- Day 4: Shoulders
- Day 5: Arms
- Day 6: Abs

## Day 1 – Chest

Exercise	Sets	Reps	Rest
Incline DB Press	3	12-15	60-90 sec
Flat DB Bench Press	3	12-15	60-90 sec
15-degree Incline DB Fly	3	12-15	60-90 sec
Dumbbell Pullover	3	12-15	60-90 sec
Deficit Push-ups	2	15-20	1-2 mins

## Day 2 – Back

Exercise	Sets	Reps	Rest
Chest Supported/Bent-over Row	4	12-15	60-90 sec
Single-arm Split Stance Row	3	15/side	60-90 sec
Superman DB Row	3	10-15	60-90 sec
45-degree Incline IYT Raises	3	6-10g	60-90 sec

## Day 3 – Legs

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest</b>
Front Squat	4	15-20	90-second
Lunges	3	10/side	30-second
Romanian Deadlift	4	10-12	90-second
Glute Bridge	3	12-15	45-second
Single Leg Calf Raises	3	15/side	15-second

### **Day 4 – Shoulders**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest</b>
Overhead Press	4	12-15	90-second
Lateral Raises	4	12-15	60-second
Rear Delt Raises	4	12-15	60-second
Shrug	4	12-15	45-second

### **Day 5 – Arms**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest</b>
Overhead Triceps Extension	3	12-15	1-minute
Tate Press	3	12-15	1-minute
Crush Grip Push-up	3	12-15	1-minute
Concentration Curls	3	12/side	No rest
Incline DB Curl/Spider Curls	3	12-15	1-minute
Hammer Curls	3	12-15	1-minute

## **Day 6 – Abs**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest</b>
Sit-ups	4	10-12	1-minute
Reverse Crunches	4	10-12	1-minute
Russian Twist	3	10/side	1-minute
Oblique Chop	3	10/side	1-minute

Side Plank	3	20-sec/side	1-minute
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## B. Upper & Lower Body Part Split

The upper-lower split is more effective than the single-muscle split because it allows you to train your muscles 2-3 times weekly.

Practically and scientifically, the higher frequency can lead to greater strength and size gains over time if the body gets the needed nutrition. I suggest giving it a try and feel it yourself.<sup>1</sup>

It is best suited to those looking to hammer their upper and lower body separately and enhance their strength and muscle growth.

**Here's the weekly schedule for a 45-minute dumbbell workout:**

- Day 1: Upper Body
- Day 2: Lower Body
- Day 3: Upper Body
- Day 4: Lower Body
- Day 5: Upper Body
- Day 6: Lower Body

### Day 1 – Upper Body

Exercise	Sets	Reps	Rest
Flat DB Bench Press	3	12-15	1-minute
Dumbbell Flyes	3	12-15	1-minute

Overhead Press	3	12-15	1-minute
Lateral Raises	3	12-15	1-minute
Overhead Triceps Extension	3	15-20	1-minute
Tate Press	3	15-20	1-minute

## Day 2 – Lower Body

Exercise	Sets	Reps	Rest
Squats	4	15-20	90-second
Lunges	3	10/side	1-minute
Romanian Deadlifts	4	12-15	90-second
Glute Bridge	3	12-15	1-minute
Calf Raises	3	20/side	1-minute

## Day 3 – Upper Body

Exercise	Sets	Reps	Rest

Bent-over DB Rows	3	12-15	1-minute
Dumbbell Pullover	3	12-15	1-minute
Chest Supported Row (Prone Grip)	3	12-15	1-minute
Concentration Curls	3	12/side	1-minute
Hammer Curls	3	15-20	1-minute
Low to High Wood Chop	3	12/side	1-minute

### Day 4 – Lower Body

Exercise	Sets	Reps	Rest
Sumo Squats	3	15-20	90-second
Reverse Lunges	3	10/side	1-minute
Lying Leg Curls	3	12-15	90-second
DB Frog Pump	3	12-15	1-minute
Calf Raises	3	20/side	1-minute



## Day 5 – Upper Body

Exercise	Sets	Reps	Rest
Seated FDL Raises	3	6-8	90-second
Incline IYT Raises	3	6-8	90-second
Incline DB Bench Press	3	12-15	1-minute
Shoulder Shrug	3	12-15	1-minute
DB Side Plank	3	20 sec per side	No rest

## Day 6 – Lower Body

Exercise	Sets	Reps	Rest
Lateral Squats	3	10/side	1-minute
Single Leg Deadlifts	3	10/side	45-second
Step-up	3	10/side	45-second
Good Morning	3	10-12	1-minute

Leg Extensions	3	15-20	1-minute
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## C. Combined Muscle Group Superset

### Workout

This program focuses on hitting two to three muscle groups per session. It is based on the [Superset approach](#).

The superset involves performing two exercises consecutively. These exercises usually target the two different muscle groups, such as the chest and biceps, and the legs and shoulders.

The higher intensity of this method also enhances endurance, burns fat, and increases fat loss while strengthening muscles.

If you want to train more muscles within 45 minutes, this split can work well for you.

#### Split for a 45-minute dumbbell superset workout:

- **Day 1:** Chest, Quads, and Triceps
- **Day 2:** Back, Hamstrings, Glutes, and Biceps
- **Day 3:** Shoulders, Calves, & Abs
- **Day 4:** Chest, Quads, and Triceps
- **Day 5:** Back, Hamstrings, Glutes, and Biceps
- **Day 6:** Shoulders, Calves, & Obliques

#### Day 1 – Chest, Quads, and Triceps

Exercise	Sets	Reps	Rest
Dumbbell Squat & Incline Bench Press	3	20 & 15	2-minute

Reverse Lunges & Flat Dumbbell Fly	3	10/side & 15	90-second
Dumbbell Pullover & Triceps Extensions	3	12 & 20	1-minute

## Day 2 – Back, Hamstrings, Glutes, and Biceps

Exercise	Sets	Reps	Rest
Incline IYT Raises & DB Romanian Deadlift	3	8 & 12	2-minute
Bent-over DB Row & Glute Bridge or Hip Thrust	3	15 each	90-second
DB Lower Back Extension & Biceps Curls (any)	3	10 & 20	1-minute

## Day 3 – Shoulders, Calves, & Abs

Exercise	Sets	Reps	Rest
Overhead Press & 1-leg Calf Raises	3	15 & 15/leg	1-minute
Lateral Raises & Reverse Crunches	3	12-15 each	1-minute
Rear Delt Raises & DB Sit-ups	3	12-15 each	1-minute

## Day 4 – Chest, Quads, and Triceps

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest</b>
Front Squat & Flat Bench Press	3	20 & 15	2-minute
Front Lunges & Incline Dumbbell Fly	3	10/side & 15	90-second
Dumbbell Grip Push-ups & French Press	3	12 & 20	1-minute

### **Day 5 – Back, Hamstrings, Glutes, and Biceps**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest</b>
Single-arm DB Row & Leg Curls	3	15 each	1-minute
DB Yates Row & Bulgarian Split Squats	3	15 & 10 per leg	90-second
Concentration Curls & Hammer Curls	3	10 per arm	90-second

### **Day 6 – Shoulders, Calves, & Obliques**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest</b>
Seated FDL Raises & 1-leg Calf Raises	3	6 & 15 per leg	1-minute
Rear Delt Row & Russian Twist	3	15 & 10 per side	1-minute

Shoulder Shrug & DB Sit-ups	3	10-15 each	1-minute
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