

30-DAY DUMBBELL CALISTHENICS WORKOUT PLAN

FULL URL: <https://thefitnessphantom.com/30-day-dumbbell-calisthenics-workout-plan>

Exercise Type	Dumbbell & Calisthenics
Program Duration	8 Weeks
Weekly Split	Push, Legs, Pull, Abs, & Full Body
Total Sessions	25 (5 days off)
Duration per Session	75-90 minutes
Program Goal	Build Muscle & Improve Functional Fitness
Difficulty Level	Intermediate to Advanced
Target Gender	Male & Female
Suitable Age Group	20-40 Years

This program involves training for 5 consecutive days, followed by a rest day, and then repeating until you complete 30 days.

Here's how your split looks for this routine:

- **Day 1: Push Workout**
- **Day 2: Pull Workout**
- **Day 3: Legs Workout**
- **Day 4: Abdominals and Mobility**
- **Day 5: Full Body Workout**
- **Day 6: OFF**
- Repeat

Each day includes a good balance of calisthenics and dumbbell exercises, so you can achieve a strong, aesthetic, and flexible body.

I've clearly mentioned which exercises train what muscles, so you can understand the muscle groups you work.

Before you start the main workout, do the following warm-up on specific days:

- **Push day warm-up:** [Arms Swings](#), Bodyweight [Reverse Fly](#), Seated Chest Stretch, Low Lunge Arc, and Upward Dog. Perform each exercise for 20-30 seconds.
- **Pull day warm-up:** Arms Swings, Low Lunge Arc, Lying Reverse Fly, [World's Greatest Stretch](#), and [Bird Dog Lifts](#). Perform each exercise for 20-30 seconds.
- **Leg Day warm-up:** Quad stretch, Hamstrings Stretch, [Leg Swings](#), Reverse Lunges, Lateral Squats, Glute Bridge. Perform each exercise for 20-30 seconds.

Day 1 – Push Workout

Exercises	Sets	Reps	Target Muscles
Standard Push Ups	3	10-20	Chest & Triceps
Dumbbell Bench Press	3	12-15	Chest
Dumbbell Overhead Press	3	12-15	Shoulders
Parallel Bar Dips	3	10-20	Chest & Triceps
Diamond Push Ups	3	10-20	Triceps & Chest
Dumbbell Lateral Raises	3	12-15	Shoulders
Dumbbell Triceps Kickback	3	10-12	Triceps

Day 2 – Pull Workout

Exercise	Sets	Reps	Target Muscles
Pull-Ups or Inverted Rows	3	6-12	Back & Biceps / Upper Back

Dumbbell Bent-Over Rows	3	10-15	Back
Chin Ups	3	8-12	Back & Biceps
Dumbbell Bicep Curls	3	12-15	Biceps
Superman Hold	3	20-second	Lower Back
Dumbbell Upright Rows	3	10-12	Shoulders & Traps

Day 3 – Legs Workout

Exercises	Sets	Reps	Target Muscles
Dumbbell Front Squats	3	10-20	Quadriceps
DB or Bodyweight Lunges	3	12-15	Thighs & Glutes
Single Leg RDL	3	12-15	Hamstrings & Lower Back
Dumbbell Glute Bridge	3	10-20	Glutes, Hamstrings, & Back
Single-leg DB Calf Raises	3	10-20	Calves
Bodyweight Sissy Squats	3	12-15	Quads and Glutes

Day 4 – Abdominals and Mobility

Exercise	Sets	Reps	Target Muscles
Mountain Climbing	3	30-second	Abs, Arms, & Shoulders
Dumbbell Low to High Oblique Chop	3	10 reps per side	Obliques and Abs
Dumbbell Side Plank Hip Dips	3	10 reps per side	Shoulders & Abs
Dumbbell Russian Twists	3	10 reps per side	Obliques
Dumbbell Plank Drags	3	10 reps per side	Abs & Shoulders
Dumbbell Renegade Rows	3	10 reps per side	Back & Abs
Bird Dog Plank	2	15-second/side	Abs, Back, & Shoulders
Boat Pose	2	15-20 seconds	Abdominals

Day 5 – Full Body Workout

Exercises	Sets	Reps	Target Muscles
Bar Dips & Pull Ups (Supersets)	3	12-15 & 6-10	Triceps, Chest, Back & Biceps
Pike Push-ups	3	12-20	Shoulders & Triceps
Floor IYT Raises	3	10-12	Back & Shoulders
Dumbbell Deadlifts	3	10-12	Thighs & Back

Dumbbell Clean & Press	3	10-12	Back, Shoulders, Abs, & Legs
Forearm Plank	3	1-minute	Abs & Shoulders

Day 6 – OFF

Take a full day off and get ready for the next session.

Day 7 – Push Workout

Exercises	Sets	Reps	Target Muscles
Dive Bomber Push Ups	3	10-15	Chest & Triceps
Archer Push-ups	3	10/side	Chest, Delts, & Triceps
Wall Supported Handstand	3	10-12	Shoulder, Abs, & Triceps
Incline Dumbbell Bench Press	3	12-15	Chest
Dumbbell Front Raises	3	12-15	Shoulders
Dumbbell Side Raises	3	12-15	Shoulders
Incline DB Triceps Extension	3	10-12	Triceps

Day 8 – Pull Workout

Exercise	Sets	Reps	Target Muscles
Inverted Rows	3	10-20	Upper Back
Single-arm DB Rows	3	15 per side	Back
Chin-up (Ring/Bar)	3	8-12	Back & Biceps
Hammer Curls	3	12-15	Biceps
Alternating DB Curl	3	10/arm	Biceps
Dumbbell Upright Rows	3	10-12	Shoulders & Traps

Day 9 – Legs Workout

Exercises	Sets	Reps	Target Muscles
Bodyweight Skater Squats	3	5/leg	Thighs & Glutes
Pistol Squats (Self/Assisted)	3	5/leg	Thighs & Glutes
Dumbbell Goblet to Sumo Squats	3	10-12	Quads & Glutes
Bulgarian Split Squats (Bodyweight/DB)	3	10/side	Thighs & Glutes
Single Leg Romanian Deadlift	3	10/side	Hamstrings & Lower Back

Single Leg Glute Bridge	3	10/side	Glutes, Hamstrings, & Back
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Day 10 – Abdominals and Mobility

Exercise	Sets	Reps	Target Muscles
Hanging Knee Raises (Front)	3	10-20	Arms & Obliques
Hanging Knee Raises (Side)	3	10/side	Obliques and Abs
Seated Knee Tucks	3	20-40	Abdominals
Side Plank Rotation	3	10 reps per side	Abs & Shoulders
Plank Toe Taps	3	10 reps per side	Abs & Shoulders
Bird Dog Plank	3	15-second/side	Abs, Back, & Shoulders

Day 11 – Full Body Workout

Exercises	Sets	Reps	Target Muscles
Bar Dips & Pull Ups (Supersets)	3	12-15 & 6-10	Triceps, Chest, Back & Biceps
Burpees	3	12-20	Shoulders & Triceps
Floor IYT Raises	3	10-12	Back & Shoulders
Dumbbell Deadlifts	3	10-12	Thighs & Back
Dumbbell Clean & Press	3	10-12	Back, Shoulders, Abs, & Legs
Forearm Plank	3	1-minute	Abs & Shoulders

Day 12 – OFF

Rest for an entire day off and get ready for the next sessions.

Day 13 – Push Workout

Exercises	Sets	Reps	Target Muscles
Dive Bomber Push Ups	3	10-15	Chest & Triceps
Parallel Bar Dips	3	10-20	Chest, Delts, & Triceps
Pike Push-ups	3	10-12	Shoulder, Abs, & Triceps
Incline Dumbbell Bench Press	3	12-15	Chest
Dumbbell Push Press	3	10-12	Shoulders
Dumbbell Side Raises	3	12-15	Shoulders

Dumbbell Skull Crusher	3	12-15	Triceps
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Day 14 – Pull Workout

Exercise	Sets	Reps	Target Muscles
Pull Ups	4	6-12	Back & Biceps
Dumbbell Deadlifts	3	15 per side	Back and Hamstrings
Supine Grip Inverted Rows	3	8-12	Upper Back & Biceps
Single-arm Dumbbell Rows	3	12-15	Back
Dumbbell Shrugs	3	12-15	Trapezius
Dumbbell Hammer Curls	3	10-12	Biceps & Forearms
Dumbbell Reverse Curls	3	10-12	Biceps & Forearms

Day 15 – Legs Workout

Exercises	Sets	Reps	Target Muscles
Skater Squats	3	5 per leg	Thighs & Glutes
Pistol Squats (Self/Assisted)	3	5 per leg	Thighs & Glutes
DB Step Up to Reverse Lunges	3	5 per leg	Thighs & Glutes
Single Leg Romanian Deadlift	3	10/side	Hamstrings & Lower Back
Calf Raises	3	10/side	Glutes, Hamstrings, & Back
Wall Sit	3	0.5-1 minute	Hamstrings & Lower Back

Day 16 – Abdominals and Mobility

Exercise	Sets	Reps	Target Muscles
Hanging Leg Raises	3	10-20	Arms & Obliques
Side Plank Hip Dips with Dumbbells	3	10/side	Abs and Shoulders
Seated Knee Tucks	3	20-40	Abdominals
Side Plank Rotation	3	10 reps per side	Abs & Shoulders
Dumbbell Plank Drags	3	10 reps per side	Abs & Shoulders
Bird Dog Plank	3	15-second/side	Abs, Back, & Shoulders

Day 17 – Full Body Workout

Exercises	Sets	Reps	Target Muscles
Bar Dips & Pull Ups (Supersets)	3	12-15 & 6-10	Triceps, Chest, Back & Biceps
Burpees	3	8-10	Full Body
Floor IYT Raises	3	10-12	Back & Shoulders
Dual-arm Dumbbell Rows (stand in one-leg Deadlift iso-position)	3	10 per side	Thighs & Back
Dumbbell Clean & Press	3	10-12	Back, Shoulders, & Legs
Dumbbell Windmill	3	5 per side	Full Body

Day 18 – OFF

Rest for an entire day off and get ready for the next sessions.

Day 19 – Push Workout

Exercises	Sets	Reps	Target Muscles
Dive Bomber Push Ups	3	10-15	Chest & Triceps
Parallel Bar Dips	3	10-20	Chest, Delts, & Triceps
Incline Dumbbell Bench Press	3	12-15	Chest
Dumbbell Arnold Press	3	10-12	Shoulders
Dumbbell Side Raises	3	12-15	Shoulders
Deficit Push Ups (on Dumbbells)	3	10-15	Arms & Chest
Diamond Push-ups	3	12-20	Triceps

Day 20 – Pull Workout

Exercise	Sets	Reps	Target Muscles
Inverted Rows	3	15-20	Upper Back
Pull Ups	4	6-12	Back & Biceps
Dumbbell Deadlifts	3	10-12	Back and Hamstrings
Single-arm Dumbbell Rows	3	15 per side	Back

Dumbbell Shrugs	3	10-15	Trapezius
Alternating Dumbbell Curls	3	10-12	Biceps & Forearms
Dumbbell Zottoman Curls	3	10-12	Biceps & Forearms

Day 21 – Legs Workout

Exercises	Sets	Reps	Target Muscles
Skater Squats	3	5 per leg	Thighs & Glutes
Pistol Squats (Self/Assisted)	3	5 per leg	Thighs & Glutes
DB Step Up to Reverse Lunges	3	5 per leg	Thighs & Glutes
Single Leg Romanian Deadlift	3	10/side	Hamstrings & Lower Back
Calf Raises	3	10/side	Glutes, Ham, & Back
Wall Sit	3	0.5-1 minute	Hamstrings & Lower Back

Day 22 – Abdominals and Mobility

Exercise	Sets	Reps	Target Muscles
Hanging Leg Raises	3	10-20	Arms & Obliques
Side Plank Hip Dips with Dumbbells	3	10/side	Abs and Shoulders
Seated Knee Tucks	3	20-40	Abdominals
Side Plank Rotation	3	10 reps per side	Abs & Shoulders
Dumbbell Plank Drags	3	10 reps per side	Abs & Shoulders
Bird Dog Plank	3	15-second/side	Abs, Back, & Shoulders

Day 23 – Full Body Workout

Exercises	Sets	Reps	Target Muscles
Bar Dips & Pull Ups (Superset)	3	12-15 & 6-10	Upper Body
Dumbbell Power Maker	3	6-8	Full Body
Deadlift to Upright Row	3	8-10	Back & Shoulders
High to Low Dumbbell Oblique Chop	3	10 per side	Shoulders and Abs

Dumbbell Windmill	3	5 per side	Full Body
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Day 24 – OFF

Rest for an entire day off and get ready for the next sessions.

Day 25 – Push Workout

Exercises	Sets	Reps	Target Muscles
Dive Bomber Push Ups	3	10-15	Chest & Triceps
Parallel Bar Dips	3	10-20	Chest, Delts, & Triceps
Incline Dumbbell Bench Press	3	12-15	Chest
Dumbbell Arnold Press	3	10-12	Shoulders
Dumbbell Side Raises	3	12-15	Shoulders
Deficit Push Ups (on Dumbbells)	3	10-15	Arms & Chest
Diamond Push-ups	3	12-20	Triceps

Day 26 – Pull Workout

Exercise	Sets	Reps	Target Muscles
Inverted Rows	3	15-20	Upper Back
Pull Ups	4	6-12	Back & Biceps
Dumbbell Deadlifts	3	10-12	Back and Hamstrings
Single-arm Dumbbell Rows	3	15 per side	Back
Dumbbell Shrugs	3	10-15	Trapezius
Alternating Dumbbell Curls	3	10-12	Biceps & Forearms
Dumbbell Zottoman Curls	3	10-12	Biceps & Forearms

Day 27 – Legs Workout

Exercises	Sets	Reps	Target Muscles
Skater Squats	3	5 per leg	Thighs & Glutes
Pistol Squats (Self/Assisted)	3	5 per leg	Thighs & Glutes
DB Step Up to Reverse Lunges	3	5 per leg	Thighs & Glutes
Single Leg Romanian Deadlift	3	10/side	Hamstrings & Lower Back

Calf Raises	3	10/side	Glutes, Hamstrings, & Back
Wall Sit	3	0.5-1 minute	Hamstrings & Lower Back

Day 28 – Abdominals and Mobility

Exercise	Sets	Reps	Target Muscles
Hanging Leg Raises	3	10-20	Arms & Obliques
Side Plank Hip Dips with Dumbbells	3	10/side	Abs and Shoulders
Seated Knee Tucks	3	20-40	Abdominals
Side Plank Rotation	3	10 reps per side	Abs & Shoulders
Dumbbell Plank Drags	3	10 reps per side	Abs & Shoulders
Bird Dog Plank	3	15-second/side	Abs, Back, & Shoulders

Day 29 – Full Body Workout

Exercises	Sets	Reps	Target Muscles
Bar Dips & Pull Ups (Superset)	3	12-15 & 6-10	Upper Body
Dumbbell Power Maker	3	6-8	Full Body
Deadlift to Upright Row	3	8-10	Back & Shoulders
High to Low Dumbbell Oblique Chop	3	10 per side	Shoulders and Abs
Dumbbell Windmill	3	5 per side	Full Body

Day 30 – OFF

Rest for an entire day off and get ready for the next sessions.

Frequently Asked Questions (FAQs)

Who Can Follow This Training Plan?

Anyone looking to combine [dumbbell and bodyweight exercises](#) and build muscle and improve functional fitness can follow this program.

Can You Do This at Home?

Yes, most of the exercises I've included in this routine can be done at home. But you need some equipment to perform certain calisthenics exercises, such as pull-ups and dips.

What If Some Exercises Feel Challenging?

Swap them with a little less challenging exercises. For example, do inverted rows instead of pull-ups, bench dips instead of bar dips, and squat thrust instead of burpees.

I've made a complete [list of dumbbell](#) and [calisthenics exercises](#). You can explore them and find suitable exercises for yourself.

Will It Help Me Build Muscle and Strength?

Yes, calisthenics and dumbbell exercises provide enough resistance so your muscles can become strong and big over time. All you have to do is push yourself a little harder every time you hit the workout. Consistency and progressive overload will surely help you get muscular. (**Sources:** [Medicine and Science in Sports and Exercise](#) (1), [Journal of Strength and Conditioning Research](#) (2), [International Journal of Environmental Research and Public Health](#) (3), [Isokinetics and Exercise Science](#) (4))

When Will I See Results?

You'll start seeing results in a few months. Consistent workout, a good diet plan, and quality sleep will help you achieve better and faster results than those who only focus on training.

What Should I Do After 30 Days?

Increase intensity and include harder exercises, and repeat it for at least 2 months.