



## 3 Day Dumbbell Workout

**Time Per Workout:** 30 Mins

**Equipment:** Dumbbells

**Main Goal:** Building Muscle

**Training Level:** Beginners

**Program Duration:** 8 -10 Weeks

### Monday

Exercise	Sets	Rep Goal Total	Rest
<b>Full Body Workout</b>			
Dumbbell Squat	3	10	60 sec
Dumbbell Stiff Legged Deadlift	3	10	60 sec
Bent over Dumbbell Row	3	10	60 sec
Dumbbell Bench Press	3	10	60 sec
Lateral Raises	2	8	30 sec
Standing Dumbbell Curl	2	8	30 Sec
Lying Dumbbell Extension	2	8	30 sec

\* Have a 10min warmup before you begin your workout.

### Tuesday: REST DAY

### Wednesday

Exercise	Sets	Rep Goal Total	Rest
<b>Full Body Workout</b>			
Dumbbell Lunge	3	10	60 sec
Dumbbell Hamstring Curl	3	10	60 sec
Dumbbell Ddeadlift	3	10	60 sec
Dumbbell Military Press	3	10	60 sec
Dumbbell Flys	2	8	30 sec
Dumbbell Hammer Curls	2	8	30 sec
Seated Dumbbell Extension	2	8	30 sec

\* Have a 10min warmup before you begin your workout.

## Thursday: REST DAY

### Friday

Exercise	Sets	Rep Goal Total	Rest
<b>Full Body Workout</b>			
Dumbbell Step Up	3	10	60 sec
Dumbbell Stiff legged Deadlift	3	10	60 sec
Single Arm Row	3	10	60 sec
Reverse Grip Dumbbell Bench Press	3	10	60 sec
Dumbbell Rear Delt Flys	2	8	30 sec
Zottman Curl	2	8	30 sec
Close Grip Dumbbell Bench Press	2	8	30 sec

\* Have a 10min warmup before you begin your workout.

