

Beginner Muscle-Gain Plan Using Dumbbells

Monday: Full-Body Dumbbell Strength

Warm-Up (5-10 minutes):

- Arm circles, hip circles, light jogging or step marching.

Workout (3 sets each):

1. Dumbbell Goblet Squats - 10 reps.
2. Dumbbell Chest Press (floor or bench) - 10 reps.
3. One-Arm Dumbbell Row - 10 reps per side.
4. Standing Dumbbell Curl - 10 reps.

Cool-Down:

- Stretch quads, shoulders, and back.

Tuesday: Cardio & Core

Warm-Up (5 minutes):

- Light jog or dynamic stretches.

Workout:

1. Cardio: 20-30 min walk, bike, or low-impact step.
2. Core (3 rounds):
 - Dumbbell Russian Twists - 10 per side.
 - Dead Bug (bodyweight) - 10 reps.
 - Forearm Plank - 20-30 seconds.

Cool-Down:

- Breathing exercises and light stretching.

Wednesday: Active Recovery

- 20-30 minutes of yoga or stretching.

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- Optional: Leisure walk or easy recreational activity.

Thursday: Upper Body Dumbbell Strength

Warm-Up:

- Arm swings, shoulder rolls, light cardio (5 mins).

Workout (3 sets each):

1. Dumbbell Overhead Press - 10 reps.
2. Dumbbell Lateral Raise - 10 reps.
3. Dumbbell Tricep Kickbacks - 10 reps per arm.
4. Dumbbell Bicep Curls - 10 reps.

Cool-Down:

- Stretch chest, arms, and shoulders.

Friday: Lower Body Dumbbell Strength

Warm-Up: Same as Monday.

Workout (3 sets each):

1. Dumbbell Lunges - 10 reps per leg.
2. Dumbbell Romanian Deadlifts - 10 reps.
3. Dumbbell Calf Raises - 15 reps.
4. Glute Bridges (bodyweight or with dumbbell) - 12 reps.

Cool-Down:

- Stretch calves, hamstrings, and glutes.

Saturday: Optional Fun Movement or Light Cardio

- Choose an activity you enjoy: dance, walk, or sports (30-45 minutes).

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Sunday: Rest or Recovery

- Light stretching, foam rolling, or deep breathing (15-20 minutes).

Tips: Tips

- Focus on learning proper form before increasing weight.
- Eat protein-rich meals around workouts (eggs, chicken, beans).
- Stay hydrated and sleep well for better recovery.
- Track your progress to stay motivated.
- Don't skip rest days-they're key for muscle growth.