



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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DUMBBELL ONLY WORKOUT: 3 DAY FULL BODY DUMBBELL WORKOUT

This workout program only requires dumbbells, has just the right amount of volume to promote muscle growth, and is perfect to do at home or on the go.

Link to Workout: <https://www.muscleandstrength.com/workouts/3-day-full-body-dumbbell-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 3 Days

Time Per Workout: 25-30 Mins

Equipment: Dumbbells

Author: Josh England

Day 1

Exercise	Sets	Reps
1. Dumbbell Squat	3	10
2. Dumbbell Stiff Legged Deadlift	3	10
3. Bent Over Dumbbell Row	3	10
4. Dumbbell Bench Press	3	10
5. Lateral Raises	2	8
6. Standing Dumbbell Curl	2	8
7. Lying Dumbbell Extension	2	8

Day 2

Exercise	Sets	Reps
1. Dumbbell Lunge	3	10
2. Dumbbell Hamstring Curl	3	10
3. Dumbbell Deadlift	3	10
4. Dumbbell Military Press	3	10
5. Dumbbell Flys	2	8
6. Hammer Curl	2	8
7. Seated Dumbbell Extension	2	8

Day 3

Exercise	Sets	Reps
1. Dumbbell Step Up	3	10
2. Dumbbell Stiff Legged Deadlift	3	10
3. One Arm Dumbbell Press	3	10
4. Reverse Grip Dumbbell Press	3	10
5. Dumbbell Rear Delt Fly	2	8
6. Zottman Curl	2	8
7. Close Grip Dumbbell Press	2	8