



3 DAY FULL BODY WOMEN’S DUMBBELL ONLY WORKOUT

Workout Summary

Main Goal: Build Muscle
Training Level: Beginner
Days Per Week: 3 Days
Program Duration: 8 Weeks
[Click here for the full workout!](#)

Equipment: Bodyweight, Dumbbells
Target Gender: Female
Author: Roger “Rock” Lockridge

Day 1 - Abs/Glutes

Exercise	Sets	Reps
Ab Crunch	3	15
Lying Leg Raise	3	15
Side Oblique Crunch (Each Side)	3	15 Each
Glute Kick Back	3	15
Dumbbell Romanian Deadlift	3	15
Reverse Lunge	3	15

Day 2 - Lower Body

Exercise	Sets	Reps
Dumbbell Squat	3	15
Dumbbell Lunge (Each Side)	3	15 Each
Dumbbell Lying Leg Curl (On The Floor)	3	15
Bodyweight Single Leg Deadlift	3	15
Seated Calf Raise	3	15
Standing Calf Raise	3	15

Day 3 - Upper Body

Exercise	Sets	Reps
Dumbbell Bench Press (On The Floor)	3	15
Bent-Over Dumbbell Row	3	15
Dumbbell Pullover	3	15
Lateral Raise	3	15
Lying Dumbbell Extension	3	15
Hammer Dumbbell Curl	3	15