

With Dumbbells:- (Mens)

Beginner level:-

For All Days:- (week)

Warm-Up: 5-7 minutes

- Perform light cardio (jumping jacks, high knees, jogging in place) to increase your heart rate and warm up your muscles.

1. Goblet Squats (10 reps)

- Hold a dumbbell close to your chest with both hands.
- Perform squats, keeping your back straight and chest up.

2. Dumbbell Bench Press (10 reps)

- Lie on your back on a bench, holding a dumbbell in each hand at chest level.
- Push the dumbbells up towards the ceiling, then lower them back down.

3. Bent-Over Rows (10 reps)

- Bend at the hips, keeping your back straight, and hold a dumbbell in each hand.
- Pull the dumbbells towards your hips while squeezing your shoulder blades together.

4. Dumbbell Lunges (10 reps each leg)

- Hold a dumbbell in each hand by your sides.
- Step forward into a lunge, lowering your back knee toward the ground, and then push back to the starting position.

5. Dumbbell Shoulder Press (10 reps)

- Hold a dumbbell in each hand at shoulder height.
- Press the dumbbells overhead while keeping your core engaged.

6. Dumbbell Romanian Deadlifts (10 reps)

- Hold a dumbbell in each hand in front of your thighs.
- Hinge at the hips, keeping your back straight, and lower the dumbbells towards the ground, then return to the starting position.

7. Dumbbell Bicep Curls (12 reps)

- Hold a dumbbell in each hand by your sides, palms facing forward.

- Curl the dumbbells towards your shoulders while keeping your upper arms still.

8. Tricep Dips with Dumbbells (10 reps)

- Place one dumbbell behind you and grip it with both hands.
- Lower your body by bending your elbows, then push back up.

9. Dumbbell Russian Twists (20 twists total)

- Sit on the floor, holding a dumbbell with both hands.
- Lean back slightly, lift your feet off the ground, and twist your torso to each side.

10. Dumbbell Plank Rows (10 reps each arm)

- Start in a plank position with a dumbbell in each hand.
- Lift one dumbbell towards your hip while stabilizing your core and hips.

Cool Down: 5-7 minutes

- Perform gentle stretches for each major muscle group, holding each stretch for 15-30 seconds.

Intermediate level:-

For All Days:- (week)

Warm-Up: 5-7 minutes

- Perform dynamic stretches, light cardio, or mobility exercises to warm up your muscles and increase your heart rate.

1. Dumbbell Front Squats (12 reps)

- Hold a dumbbell in each hand at shoulder height, palms facing you.
- Perform squats, keeping your elbows up and chest tall.

2. Dumbbell Renegade Rows (10 reps each arm)

- Start in a plank position with a dumbbell in each hand.
- Row one dumbbell towards your hip while stabilizing your core and hips.

3. Dumbbell Romanian Deadlifts (12 reps)

- Hold a dumbbell in each hand in front of your thighs.
- Hinge at the hips, keeping your back straight, and lower the dumbbells towards the ground, then return to the starting position.

4.	Dumbbell Push Press (10 reps)	<ul style="list-style-type: none"> Hold a dumbbell in each hand at shoulder height. Dip slightly at the knees, then use your legs to help press the dumbbells overhead.
5.	Dumbbell Bulgarian Split Squats (10 reps each leg)	<ul style="list-style-type: none"> Hold a dumbbell in each hand, and place one foot on a bench or elevated surface behind you. Lower your back knee toward the ground in a lunge motion, then push back up.
6.	Dumbbell Bent-Over Rows (12 reps)	<ul style="list-style-type: none"> Bend at the hips, keeping your back straight, and hold a dumbbell in each hand. Pull the dumbbells towards your hips while squeezing your shoulder blades together.
7.	Dumbbell Hammer Curls (12 reps)	<ul style="list-style-type: none"> Hold a dumbbell in each hand by your sides, palms facing each other. Curl the dumbbells towards your shoulders while keeping your upper arms still.
8.	Dumbbell Skull Crushers (10 reps)	<ul style="list-style-type: none"> Lie on a bench or the floor, holding a dumbbell in each hand above your chest. Bend your elbows to lower the dumbbells toward your forehead, then extend your arms back up.
9.	Dumbbell Russian Twists (20 twists total)	<ul style="list-style-type: none"> Sit on the floor, holding a dumbbell with both hands. Lean back slightly, lift your feet off the ground, and twist your torso to each side.
10.	Dumbbell Farmer's Walk (30-40 seconds)	<ul style="list-style-type: none"> Hold a heavy dumbbell in each hand by your sides. Walk forward for the designated time while maintaining an upright posture.

Cool Down: 5-7 minutes

- Perform static stretches for each major muscle group, holding each stretch for 15-30 seconds.

Advanced level:-

For All Days:- (week)

Warm-Up: 5-7 minutes

- Perform dynamic stretches, light cardio, or mobility exercises to warm up your muscles and increase your heart rate.

1. **Dumbbell Thrusters** (10 reps)

- Hold a dumbbell in each hand at shoulder height.
- Perform a squat, then explosively press the dumbbells overhead as you stand up.

2. **Dumbbell Renegade Rows with Push-Ups** (8 reps each arm)

- Start in a plank position with a dumbbell in each hand.
- Perform a renegade row with one arm, then a push-up, and alternate arms.

3. **Dumbbell Romanian Deadlifts with Single-Leg Balance** (12 reps each leg)

- Hold a dumbbell in each hand in front of your thighs.
- Hinge at the hips while lifting one leg behind you for balance. Return to the starting position.

4. **Dumbbell Clean and Press** (10 reps)

- Hold a dumbbell in each hand at your sides.
- Perform a clean to bring the dumbbells to your shoulders, then press them overhead.

5. **Dumbbell Bulgarian Split Squats with Isometric Holds** (8 reps each leg)

- Hold a dumbbell in each hand, and place one foot on a bench or elevated surface behind you.
- Lower your back knee toward the ground, then hold in the lowest position before pushing back up.

6. **Dumbbell Bent-Over Rows with Iso-Hold** (10 reps)

- Bend at the hips, keeping your back straight, and hold a dumbbell in each hand.
- Pull the dumbbells towards your hips while holding the top position for a few seconds.

7. **Dumbbell Hammer Curls with Drop Sets** (10 reps, then decrease weight and do 10 more)

- Hold a heavier dumbbell in each hand by your sides, palms facing each other.
- Perform 10 hammer curls, then switch to lighter dumbbells and do 10 more curls.

8. **Dumbbell Skull Crushers with Negatives** (8 reps)

- Lie on a bench or the floor, holding a dumbbell in each hand above your chest.
- Perform skull crushers, then focus on a slow negative (lowering) phase.

9. **Dumbbell Russian Twists with Weighted Twist** (20 twists total)

- Sit on the floor, holding a dumbbell with both hands.
- Perform Russian twists while bringing the dumbbell to each side during the twist.

10. **Dumbbell Farmer's Walk with Overhead Carry** (30-40 seconds)

- Hold a heavy dumbbell in each hand by your sides.
- Walk forward for the designated time, then switch to holding the dumbbells overhead for the same time.

Cool Down: 5-7 minutes

- Perform static stretches for each major muscle group, holding each stretch for 15-30 seconds.