

With Dumbbells:- (Womens)

Beginner level:-

For All Days:- (week)

Warm-Up: 5-7 minutes

- Perform light cardio (marching in place, arm circles, etc.) to increase your heart rate and warm up your muscles.

1. Goblet Squats (12 reps)

- Hold a dumbbell vertically close to your chest.
- Perform squats, focusing on proper form and balance.

2. Dumbbell Rows (10 reps each arm)

- Bend at the hips, holding a dumbbell in one hand.
- Pull the dumbbell towards your hip, squeezing your back muscles.

3. Dumbbell Bench Press (10 reps)

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

4. Dumbbell Lunges (10 reps each leg)

- Hold a dumbbell in each hand, step one leg back into a lunge, then push back to the starting position.
- Alternate legs for each rep.

5. Dumbbell Shoulder Press (10 reps)

- Hold a dumbbell in each hand at shoulder height.
- Press the dumbbells overhead, then lower them back down.

6. Dumbbell Deadlifts (12 reps)

- Hold a dumbbell in each hand in front of your thighs.
- Hinge at the hips and bend your knees slightly as you lower the dumbbells towards the ground, then stand up.

7. Dumbbell Bicep Curls (12 reps)

- Hold a dumbbell in each hand by your sides, palms facing forward.
- Curl the dumbbells towards your shoulders, engaging your biceps.

8. Dumbbell Tricep Extensions (12 reps)

- Hold a dumbbell with both hands above your head.

- Bend your elbows to lower the dumbbell behind your head, then extend your arms 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** (8 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.

Cool Down: 5-7 minutes

- Perform static 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 light cardio (jumping jacks, jogging in place) and dynamic stretches to warm up your muscles.

1. **Goblet Squats** (12 reps)

- Hold a dumbbell vertically close to your chest.
- Perform squats, focusing on proper form and balance.

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

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

3. **Dumbbell Bulgarian Split Squats** (10 reps each leg)

- Hold a dumbbell in each hand, with one foot elevated behind you.
- Lower your back knee towards the ground, then push back up.

4. **Dumbbell Shoulder Press** (10 reps)

- Hold a dumbbell in each hand at shoulder height.
- Press the dumbbells overhead, then lower them back down.

5. **Dumbbell Romanian Deadlifts** (12 reps)

- Hold a dumbbell in each hand in front of your thighs.
- Hinge at the hips while keeping your back straight and lower the dumbbells towards the ground.

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

- Hold a dumbbell in each hand, hinge at the hips, and slightly bend your knees.
- Pull the dumbbells towards your hips while squeezing your shoulder blades together.

7. **Dumbbell Lunges with Bicep Curls** (10 reps each leg)

- Hold a dumbbell in each hand, step one leg back into a lunge, and perform a bicep curl.
- Alternate legs and curls for each rep.

8. **Dumbbell Tricep Kickbacks** (12 reps)

- Hold a dumbbell in one hand, hinge at the hips, and extend your arm back.
- Perform tricep kickbacks, then switch sides.

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 Farmer's Walk** (30-40 seconds)

- Hold a dumbbell in each hand by your sides.
- Walk forward for the designated time, engaging your core and grip strength.

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 light cardio (jumping jacks, jogging in place) and dynamic stretches to warm up your muscles.

1.	Dumbbell Bulgarian Split Squats with Shoulder Press	(8 reps each leg)	<ul style="list-style-type: none"> Hold a dumbbell in each hand, with one foot elevated behind you. Lower your back knee towards the ground while performing a shoulder press, then push back up.
2.	Dumbbell Renegade Rows with Push-Ups	(8 reps each arm)	<ul style="list-style-type: none"> Start in a plank position with a dumbbell in each hand. Perform a row with one arm, then a push-up, and alternate arms.
3.	Dumbbell Deadlifts	(10 reps)	<ul style="list-style-type: none"> Hold a dumbbell in each hand in front of your thighs. Hinge at the hips while keeping your back straight and lower the dumbbells towards the ground.
4.	Dumbbell Chest Flyes	(10 reps)	<ul style="list-style-type: none"> Lie on your back on the floor or a bench, holding a dumbbell in each hand. Extend your arms out to the sides, then bring the dumbbells together over your chest.
5.	Dumbbell Bent-Over Rows	(10 reps)	<ul style="list-style-type: none"> Hold a dumbbell in each hand, hinge at the hips, and slightly bend your knees. Pull the dumbbells towards your hips while squeezing your shoulder blades together.
6.	Dumbbell Lunges with Overhead Press	(10 reps each leg)	<ul style="list-style-type: none"> Hold a dumbbell in each hand, step one leg back into a lunge, and perform an overhead press. Alternate legs and presses for each rep.
7.	Dumbbell Romanian Deadlifts	(12 reps)	<ul style="list-style-type: none"> Hold a dumbbell in each hand in front of your thighs. Hinge at the hips while keeping your back straight and lower the dumbbells towards the ground.
8.	Dumbbell Tricep Kickbacks	(12 reps)	<ul style="list-style-type: none"> Hold a dumbbell in each hand, hinge at the hips, and extend your arms back. Perform tricep kickbacks, focusing on full extension.
9.	Dumbbell Russian Twists with Leg Raise	(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 while lifting your legs.
10.	Dumbbell Farmer's Walk	(45-60 seconds)	<ul style="list-style-type: none"> Hold a heavy dumbbell in each hand by your sides. Walk forward for the designated time, engaging your core, grip strength, and overall stability.

Cool Down: 5-7 minutes

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