



BUILT WITH SCIENCE™

BEGINNER PHASE 2

MALE

BUILT WITH SCIENCE

HOME
DUMBBELL WORKOUT

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Disclaimer

WORKOUT ROUTINE OVERVIEW

This full body dumbbell workout routine is designed to be performed 3 times a week to train all of your muscles in a proportionate manner. See below for an example schedule:

Day	Workout
Monday	Upper 1
Tuesday	Lower 1
Wednesday	Rest
Thursday	Upper 2
Friday	Lower 2
Saturday & Sunday	Rest

The exact days don't matter, but the key is to get at least one rest day in between the "upper/lower 1" and "upper/lower 2" workouts (or between every 2-3 consecutive workouts). This ensures that you're fully rested and recovered before starting your next set of workouts.

Feel free to mix and match with other exercises from your main BWS program, as well as the resistance band and bodyweight programs you've been provided in order to best suit your needs and your equipment availability. Please ensure that you always do your standard warm-up routine before performing this workout, which you can find in your main BWS program.

PHASE 2 WORKOUTS: DUMBBELL SERIES

UPPER BODY 1 WORKOUT:

Exercise	Sets	Reps	Rest (min)	Notes
Incline Dumbbell Press OR Reverse Grip Dumbbell Press	4	8-15	2	Keep shoulder blades retracted & chest sticking out, keep elbows tucked. If incline bench unavailable, switch to flat/floor reverse grip dumbbell presses instead.
Chest-Supported Dumbbell Row With External Rotation*	3	8-15	2	Lay on incline bench, pull with elbows, squeeze shoulder-blades together, turn wrists out at end position.
Dumbbell Lateral Raises	3	8-15	1.5-2	Lean torso forward, raise dumbbells out to sides while twisting thumbs up slightly towards ceiling.
Dumbbell Pullovers**	3	8-15	2	Lay upper back on bench, reach arms back, pull with lats. Perform on floor if bench is unavailable.
Incline Overhead Dumbbell Extensions***	3	12-15	1.5-2	Set incline bench to ~30 degrees, move arms overhead, keep elbow locked as you press.

* Perform same movement but standing and bent-over instead if bench isn't available.

**If you have access to a pull-up bar, perform pull-ups instead.

***If you only have a flat bench, perform these lying flat instead. If you don't have a bench, perform standing one arm dumbbell overhead tricep extensions instead.

PHASE 2 WORKOUTS: DUMBBELL SERIES

EXERCISE 1: Incline Dumbbell Press

Step 1 (Setup): Set up an incline bench so that it's at roughly a 15 to 30-degree angle (experiment with it). Kick up one dumbbell at a time so that you can get them into the starting position. Then, stick your chest up towards the ceiling and pinch your shoulder blades together, creating an arch in your upper back. There should be a space between your back and the bench as a result of this. You need to maintain this position throughout the lift.

Step 2 (Press): Press up by thinking about "squeezing your biceps together" to better activate your chest. Ensure your shoulder-blades remain retracted and tight. Keep your elbows slightly tucked towards your torso at a 45 degree angle as you press, and press up until the dumbbells almost touch.

Step 3 (Descent): Slowly lower the weight until the end of the dumbbells just about touch your chest. Make sure your shoulder blades are retracted and tight before performing another rep.

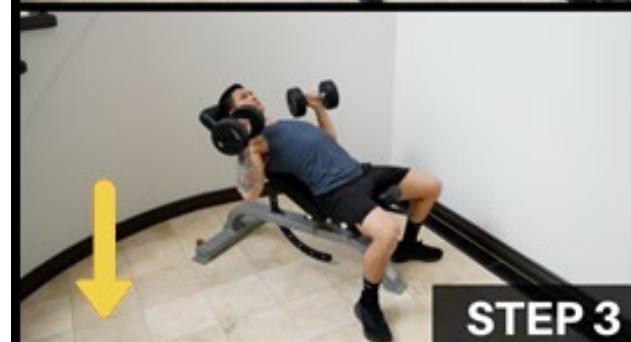
Alternative: If an incline bench is unavailable, you can perform reverse grip flat dumbbell presses instead. Here, you'll press the dumbbells up but with an underhand grip to still activate the upper chest despite using a flat pressing angle.



STEP 1



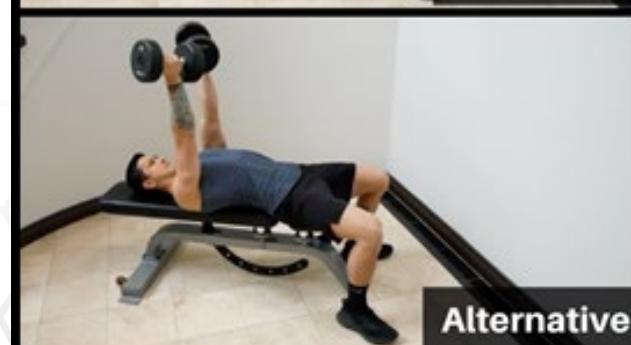
STEP 2



STEP 3



Alternative



Alternative

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EXERCISE 2: Chest Supported Dumbbell Row With External Rotation

Step 1 (Setup): Set up an incline bench to roughly 30 degrees. Lay on the bench on your stomach, extend your legs back, and keep your feet planted on the ground.

Step 2 (Raise): Grab the dumbbells in each hand and lift the dumbbells up with your elbows angled out from your body at about a 45-degree angle. As you raise the dumbbells, externally rotate your shoulders by twisting your thumbs outwards to better target the rear delts.

Step 3 (Descend): Lower the dumbbells until your arms fully straighten, and then repeat the movement.

Alternative: If a bench is unavailable, perform the same movement but standing and bent-over at roughly a 45-degree angle.



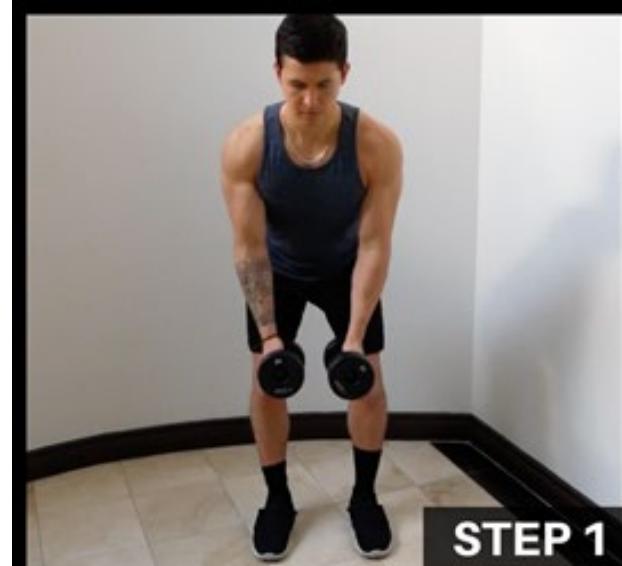
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EXERCISE 3: Dumbbell Lateral Raises

Step 1 (Setup): Grab a dumbbell in each hand with an overhand grip, then slightly lean forward by slightly bending your knees and bringing your hips back.

Step 2 (Raise): Raise both dumbbells out to the side until they reach about shoulder-height. But raise the dumbbells such that your shoulders are slightly externally rotated (such that your thumbs are pointed slightly towards the ceiling). Think about raising the weight “out” towards your sides as much as possible opposed to “up”. Avoid using momentum to swing the weight up.

Step 3 (Descend): Control the weight down to the starting position and repeat.



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EXERCISE 4: Dumbbell Pullovers

Step 1 (Setup): Lay your upper back on the edge of a bench, and keep your upper body parallel to the ground by bending your knees to 90 degrees and engaging your core. Hold the dumbbell straight overhead such that your arms are straight and the dumbbell is positioned vertically. If this is too difficult of a setup for you, you can instead lay on a bench normally rather than just resting your upper back on the bench and then progress to the upper back version once you're able to do so since this will better stretch and activate the lats.

Step 2 (Descent): Keeping your body upright and core engaged, slowly lower your arms overhead until your biceps roughly reach the level of your ears. Keep your arms straight or slightly bent as you do so.

Step 3 (Ascent): By thinking about driving/pulling your elbows forward, slowly bring your arms back to above your chest as in the starting position by contracting your lats. You will feel this in your chest as well, but you should feel your lats engaging as you pull the weight back up to the starting position.

Alternative: If you don't have access to a bench, these can be performed on the floor instead by holding the dumbbell sideways to ensure you still are getting a sufficient range of motion.



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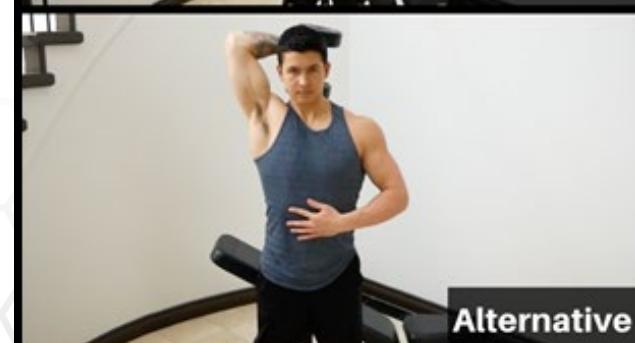
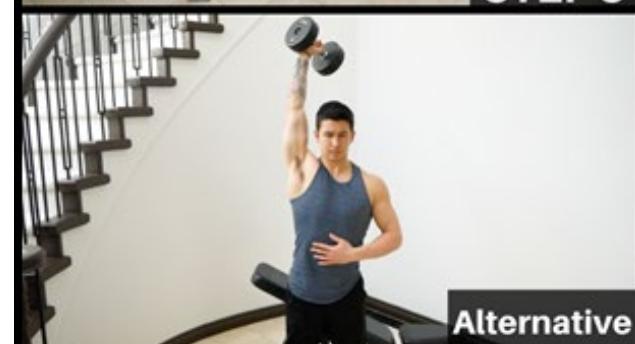
EXERCISE 5: Incline Overhead Dumbbell Extensions

Step 1: Set up an incline bench to around 45 degrees. Lay your back on the bench with the dumbbells overhead with your arms straight but positioned slightly backwards so they are parallel with your torso. You can either lay with your butt on the seat, or extend your legs fully to keep your upper back held higher up on the bench so that the dumbbells don't hit the bench as you perform the movement.

Step 2: While keeping your elbows locked, lower the dumbbells back behind your body as far as it will go.

Step 3: Press the weight back up to the starting position by using your triceps while keeping your elbow locked in position. Repeat.

Alternative: These can be performed on a flat bench if an incline bench is unavailable. However if no bench is available, you can swap these for standing one arm overhead dumbbell extensions by keeping your one arm straight overhead with the dumbbell, and then bending and extending your arm while keeping your elbow locked in position.



PHASE 2 WORKOUTS: DUMBBELL SERIES

LOWER BODY 1 WORKOUT:

Exercise	Sets	Reps	Rest (min)	Notes
Dumbbell Paused Goblet Squat	4	8-15	2-3	Hold dumbbell at chest, squat down to at least parallel, pause at bottom of each rep for 2-3 seconds.
Dumbbell Bulgarian Split Squat	4	8-15	~45-60s rest between each leg	Hold dumbbells in hand, elevate foot on chair or bench, bend back knee towards floor.
Dumbbell Hamstring Curls	4	8-15	1.5-2	Place dumbbell between feet, lay on floor or bench, curl feet towards back.
Single Leg Weighted Calf Raise	4	8-15	1-1.5	Stand on elevated platform, hold weighted backpack/object in one hand and other hand on a fixture for support.

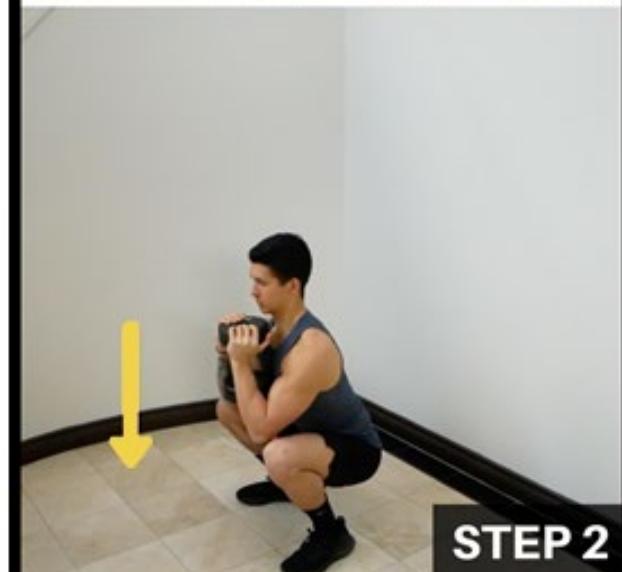
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EXERCISE 1: Dumbbell Paused Goblet Squat

Step 1 (Setup): Grab a dumbbell and hold it underhand at chest height. If you have a kettlebell, you can use that instead and hold it upside down. Use a foot stance that you'd typically use for squats, but experiment with what stance is most comfortable for you. Typically just outside shoulder width with the toes pointed out slightly is comfortable for most.

Step 2 (Descent): Engage your core and squat down by simultaneously bending your knees and pushing your hips backwards until your thighs become at least parallel to the ground. Pause at the bottom position for 2-3 seconds while maintaining the tension in your core and legs.

Step 3 (Ascent): Push back up by using your quads and glutes to fully extend your legs back to the starting position.



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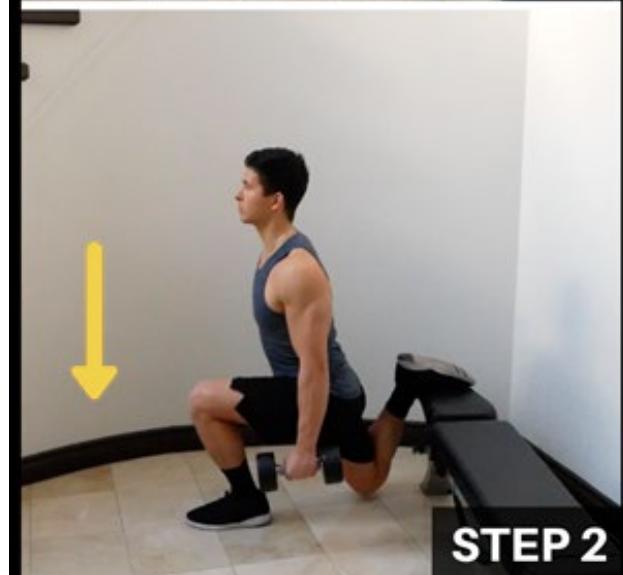
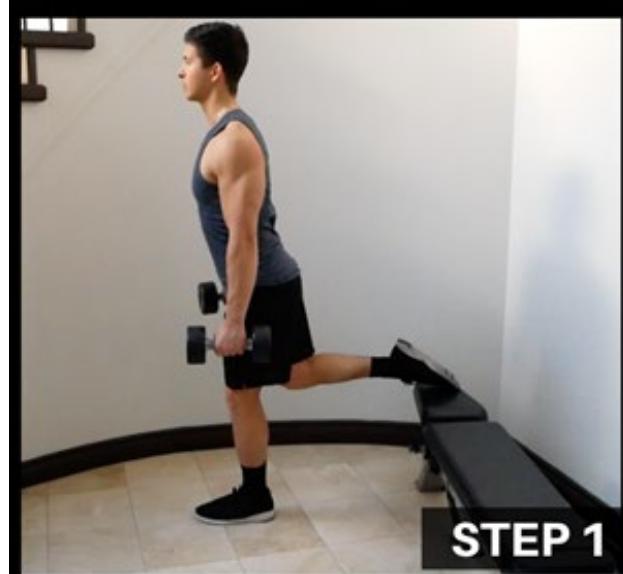
EXERCISE 2: Dumbbell Bulgarian Split Squat

Step 1 (Setup): Grab a dumbbell in each hand and place your back foot on the top of a bench or any elevated platform. Your front foot can then be positioned based on what you want to target. Take a shorter step forward if you want to target the quads more, or a longer step forward if you want to target the glutes more.

Step 2 (Descent): After you get your set up right, lower your back knee towards the ground until your front thigh is at least parallel with the ground.

Step 3 (Ascent): Push back up through your front foot. Your heel shouldn't raise off the floor and you want to keep your head, back, and hips aligned throughout each rep. Your upper body can lean forward slightly. Repeat for more reps.

Optional: For those struggling with balance, simply get rid of the dumbbell in one hand and use that free hand to hold onto something for balance.



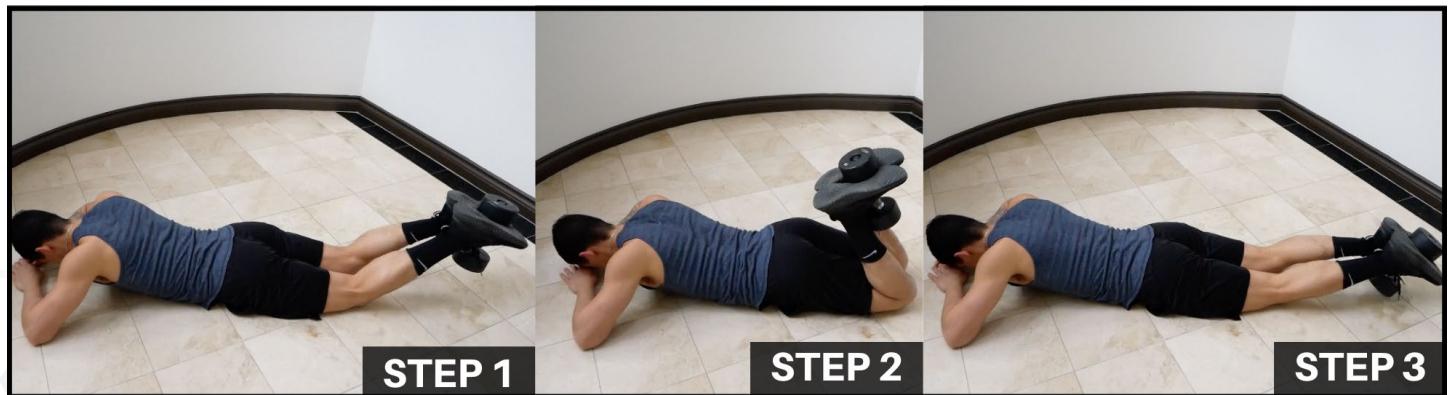
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EXERCISE 3: Dumbbell Hamstring Curls

Step 1 (Setup): Lay down on the floor OR bench (a bench provides a better range of motion) with a dumbbell placed up by your feet. Pick up the dumbbell with your feet by placing the bar between your feet and squeezing it to keep it secure as you perform the movement.

Step 2 (Curl): Engage your abs and then by using your hamstrings, lift the dumbbell up by slowly curling your legs towards you until you reach the end range of motion.

Step 3 (Descent): Slowly lower the weight back down to the starting position in a controlled manner. You should feel your hamstrings working throughout. Softly touch the dumbbell onto the ground before proceeding for another rep.



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EXERCISE 4: Single Leg Weighted Calf Raises

Step 1 (Setup): Stand with the toes of one foot on an elevated platform and a weight held in the opposite hand. Ideally, you should be holding onto something for balance with your free hand. Start with your heel touching the floor.

Step 2 (Raise): By using your calves, lift directly straight up on your toes as high as possible. Pause for half a second at the top position.

Step 3 (Descent): Slowly lower your heel back down to the ground. Pause for half a second at the bottom position before performing another rep. If adding weight is too difficult for you, perform them with just your bodyweight until you gain the calf strength to add weight.



PHASE 2 WORKOUTS: DUMBBELL SERIES

UPPER BODY 2 WORKOUT:

Exercise	Sets	Reps	Rest (min)	Notes
Flat Dumbbell Press OR Floor Dumbbell Press	4	8-15	2	Use a flat bench, keep shoulder blades retracted and chest sticking out, don't flare elbows. If you don't have access to a bench, perform these on the floor.
Single Arm Dumbbell Row *	3	8-15	~ 45 sec between arms	Place hand and knee on bench for support, keep lower back straight, engage core, row dumbbell up and back.
Standing Dumbbell Shoulder Press	3	8-15	2	Press in a straight line overhead, keep core engaged, squeeze glutes, avoid flaring elbows out to sides.
Superset: Dumbbell Facepulls	3	8-15	-	Perform the facepulls first, rest for ~30 seconds, then perform the dip push-ups, then rest for another ~30 seconds, then start again with the facepulls and repeat for 3 total sets each.
Dip Push Ups				
Incline Dumbbell Curls	3	8-15	1.5-2	Use 30-degree bench angle, let arms hang straight down, keep elbows locked.

*Perform with just a hand support on a table or fixture if you don't have access to a bench.

**Perform traditional standing biceps curls if you don't have access to a bench.

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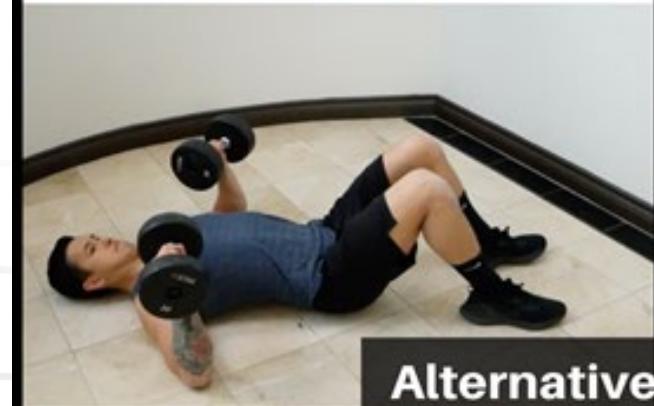
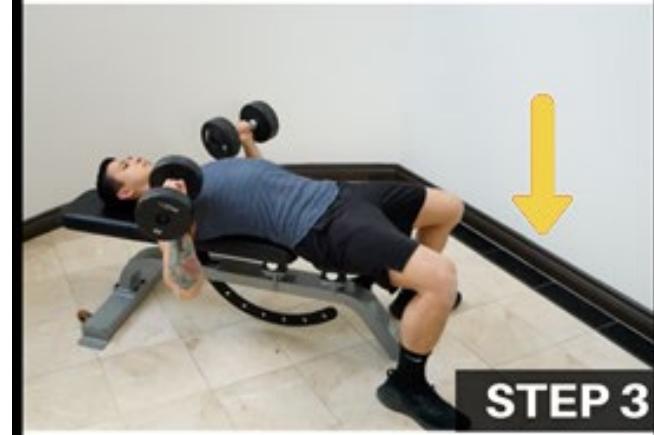
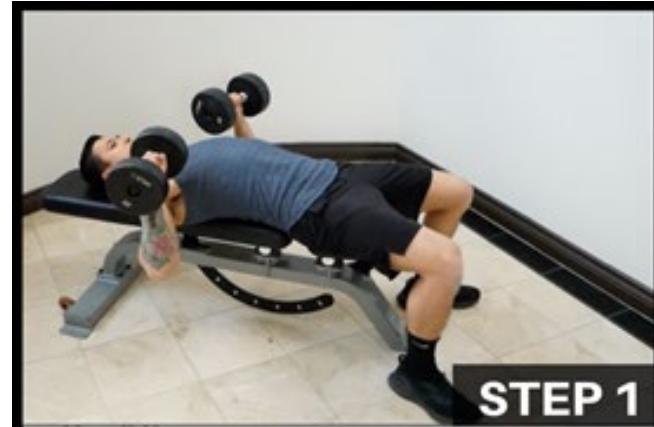
EXERCISE 1: Flat Dumbbell Press

Step 1 (Setup): Sit on a flat bench with both dumbbells on your thighs. Kick up one dumbbell at a time so that you can get them into the starting position. Then, stick your chest up towards the ceiling and pinch your shoulder blades together, creating an arch in your upper back. There should be a space between your back and the bench as a result of this. You need to maintain this position throughout the lift.

Step 2 (Press): Press up by thinking about “squeezing your biceps together” to better activate your chest. Ensure your shoulder-blades remain retracted and tight. Keep your elbows slightly tucked as you press, and press up until the dumbbells almost touch.

Step 3 (Descent): Slowly lower the weight until the ends of the dumbbells just about touch your chest. Make sure your shoulder blades are retracted and chest still up and out before performing another rep.

Alternative: If a bench is unavailable, you can perform the floor dumbbell press instead by performing the same movement but on the floor



PHASE 2 WORKOUTS: DUMBBELL SERIES

EXERCISE 2: Single Arm Dumbbell Row

Step 1 (Setup): Grab a dumbbell in one hand, and setup by positioning your opposite hand and knee on a bench. You can adjust the positioning of your knee and arm based on what's most comfortable and stable for you. Straighten your other arm down by your side and ensure your back is straight rather than excessively arched or rounded.

Step 2 (Row): Engage your core to maintain a stable base, and then row the dumbbell by pulling it up and back towards your hips. Pull until your upper arm is parallel to your torso or just above it.

Step 3 (Descend): Control the dumbbell forward and down back to the starting position by straightening your arm, and then repeat.

Alternative: If a bench is unavailable OR if this is more comfortable for you, these can be performed by simply holding onto a chair, table, or any elevated platform for support.



PHASE 2 WORKOUTS: DUMBBELL SERIES

EXERCISE 3: Standing Dumbbell Shoulder Press

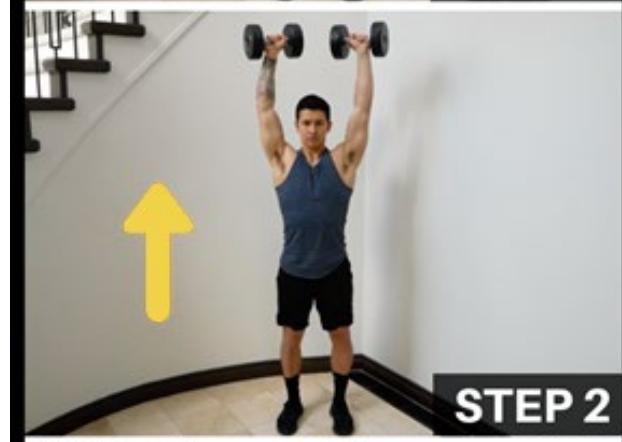
Step 1 (Setup): Standing with your feet shoulder width apart, take a dumbbell in each hand. Raise the dumbbells to head height, with the elbows tucked very slightly forward rather than completely flared out to the sides. This will be your starting position.

Step 2 (Press): Extend through the elbows to raise the weight overhead. As you do so, contract your abs and your glutes and keep them contracted throughout the press. This will prevent your lower back from arching as you press. Avoid using momentum or leg drive to help you lift the weight up. At the top position, your arms, head, hips, and feet should form one straight line.

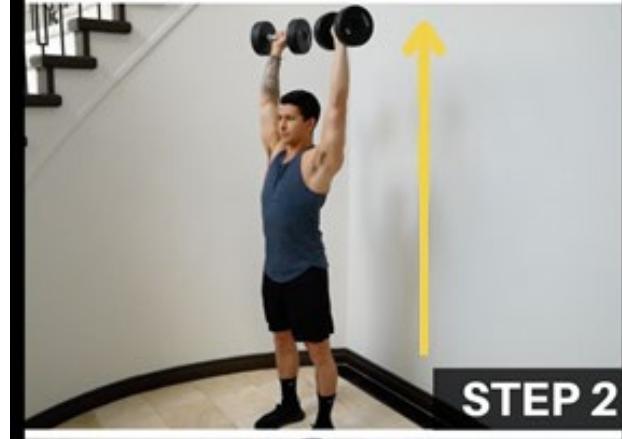
Step 3 (Eccentric): Slowly lower the weight back to the starting position with the dumbbells roughly at the level of your head before pressing up again for another rep.



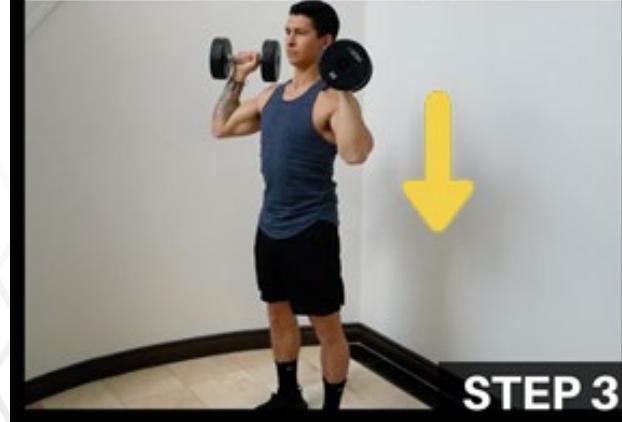
STEP 1



STEP 2



STEP 2



STEP 3

PHASE 2 WORKOUTS: DUMBBELL SERIES

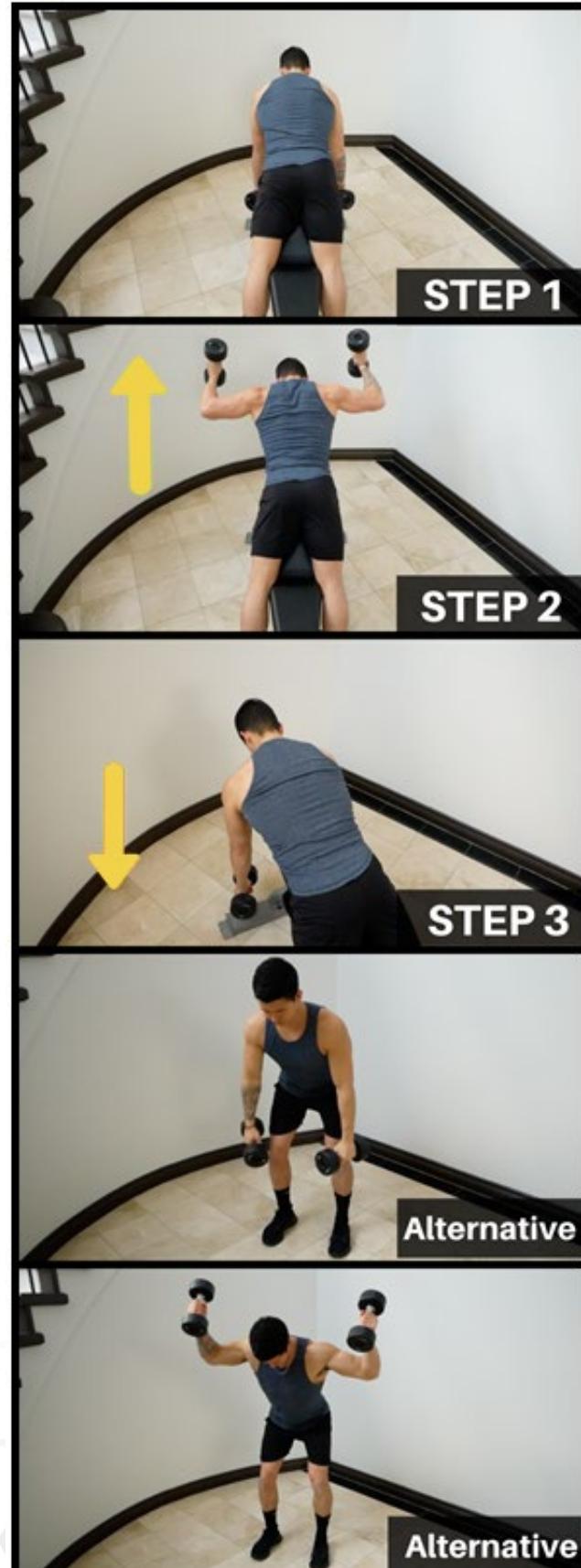
EXERCISE 4: Dumbbell Facepulls

Step 1 (Setup): With two light dumbbells in your hands, lay your stomach on an incline bench set roughly at 30-45 degrees. Hang your arms straight down and plant your feet behind you with your legs fully extended. Position yourself such that your upper chest is slightly over the top of the bench.

Step 2 (Raise): Raise your arms up towards your face, but rotate your hands up and out to the side while twisting your thumbs so that they now point at the ceiling. At the top position, your arms should make the shape of a "W". Hold this position briefly.

Step 3 (Descend): Slowly bring the dumbbells back to the starting position and then repeat. Avoid arching your lower back as you perform each rep. Instead, maintain a straight, neutral spine throughout the movement.

Alternative: If a bench is unavailable, perform these standing and bent-over instead.



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EXERCISE 5: Dip Push-Ups

Step 1 (Setup): Get into a push-up position on the floor and elevate your hands on a stack of books or any elevated platform.

Step 2 (Push): While keeping your elbows slightly tucked rather than flared out to your sides, push your arms downward to raise your upper body into an upward position until your arms straighten, while just letting your lower body slide along for the ride.

Step 3 (Return): Return back to the starting position by bending your arms and letting your lower body slide back.

Progression: These can be progressed by either elevating the platform used (e.g. use chairs) and/or wearing a weighted bag or looping a band around your neck and hands to provide more resistance as you push up.



STEP 1



STEP 2



STEP 3



PROGRESSION



PROGRESSION

PHASE 2 WORKOUTS: DUMBBELL SERIES

EXERCISE 6: Incline Dumbbell Curls

Step 1 (Setup): Set up an incline bench to around 30 degrees (a similar angle as you'd use for incline presses). Grab two dumbbells and lay with your back on the bench and your arms hanging straight by your sides. Your head can lay flat on the bench if comfortable

Step 2 (Curl): While keeping your elbows locked in position, curl both dumbbells up towards your shoulders. Your elbows should remain locked and should not move (a little movement is acceptable) throughout the curl. Ensure that your upper traps don't tighten up (elevate) as you curl the weight up. Keep them relaxed as much as possible.

Step 3 (Descent): Lower the weights back to the starting position (arms fully almost fully extended) in a controlled manner, while keeping your elbows locked in the same position.

Alternative: If a bench is unavailable, simply perform standing alternating dumbbell biceps curls instead.



PHASE 2 WORKOUTS: DUMBBELL SERIES

LOWER BODY 2 WORKOUT:

Exercise	Sets	Reps	Rest (min)	Notes
Dumbbell Romanian Deadlift	3	8-15	2	Hold dumbbells at sides, bend at hips to lower dumbbells to shin level, slight bend at knees, pull up with hamstrings, avoid rounding back.
Dumbbell Squat	3	8-15	2-3	Hold dumbbells in hands by sides OR hold one dumbbell in between legs (pick which is most comfortable), squat down to at least parallel, keep chest up.
Reverse Lunges	3	8-15 each leg	2	Hold dumbbells in hands, take step back, bend back knee towards ground, alternate legs each rep
Seated Bodyweight Calf Raises	4	8-15	1-1.5	Hold onto fixture for support, squat down, perform calf raise using bodyweight. Add weighted bag for additional resistance.

PHASE 2 WORKOUTS: DUMBBELL SERIES

EXERCISE 1: Dumbbell Romanian Deadlift

Step 1 (Setup): Begin in a standing position with a dumbbell in each hand. Brace your core by contracting your abs.

Step 2 (Descent): Initiate the movement by bending at your hips by slowly pushing your butt out. Your knees should only partially bend as you do so and the weight should remain in the heels of your feet. You should feel tension in your hamstrings as your hands approach knee level. Go as low as your flexibility allows. Your back should remain straight throughout the movement, so stop right before your back begins to round due to lack of hamstring flexibility, which will vary for everyone but is generally around shin level.

Step 3 (Ascent): Ascend back to the starting position by driving/pushing the hips forward while straightening your knees. Again, the back should remain straight and you should feel the tension in your hamstrings and glutes as you raise the weight back up. Repeat for the desired number of repetitions.



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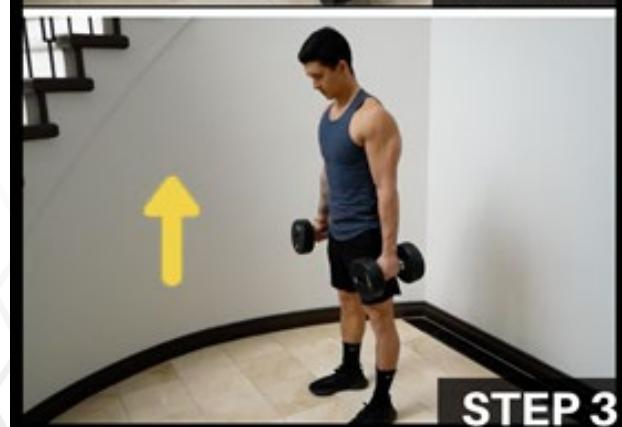
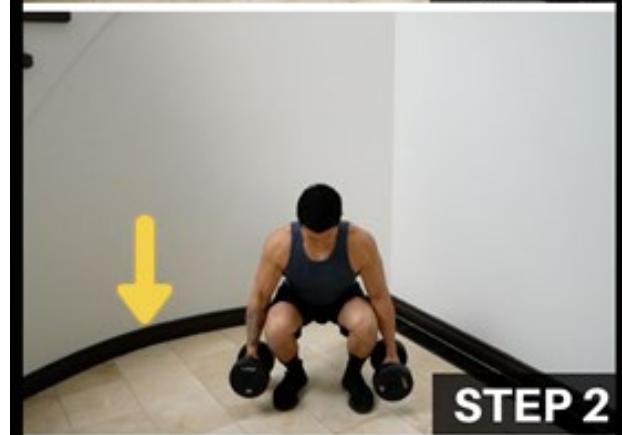
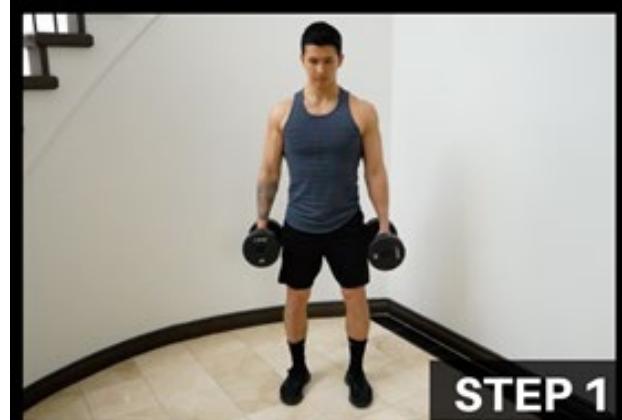
EXERCISE 2: Dumbbell Squat

Step 1 (Setup): Grab a dumbbell in each hand and hold them with your arms straight by your sides. Use a foot stance that you'd typically use for squats, but experiment with what stance is most comfortable for you. Typically, just outside shoulder width with the toes pointed out slightly is comfortable for most.

Step 2 (Descent): Engage your core and squat down by simultaneously bending your knees and pushing your hips backwards until your thighs become at least parallel to the ground.

Step 3 (Ascent): Push back up by using your quads and glutes to fully extend your legs back to the starting position. As you perform each rep, your lower back should remain neutral/straight as opposed to excessively arched. Similarly, your upper back should remain straight and not rounded forward

Note: If more comfortable for you, you can instead hold the dumbbells over your shoulders rather than down by your sides. For some individuals this will make it easier to squat down into position.



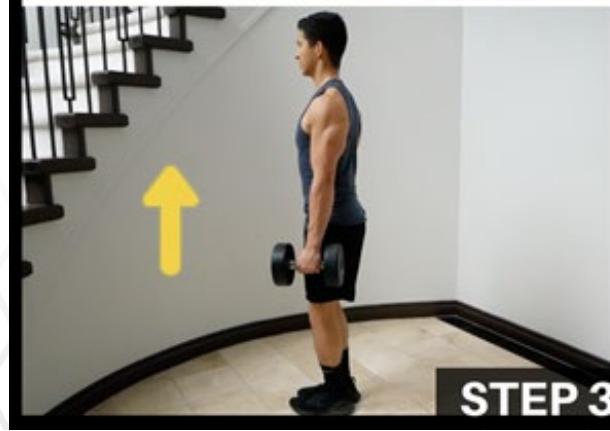
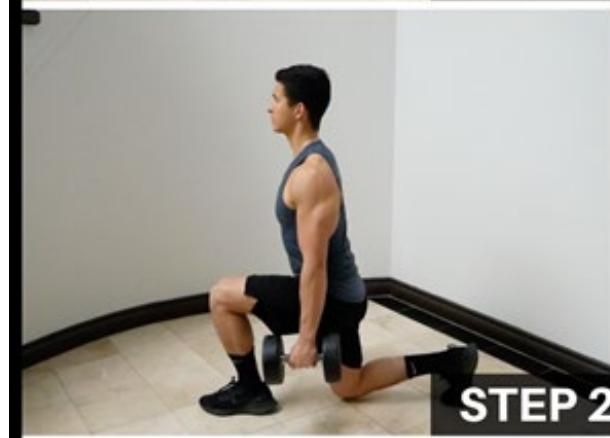
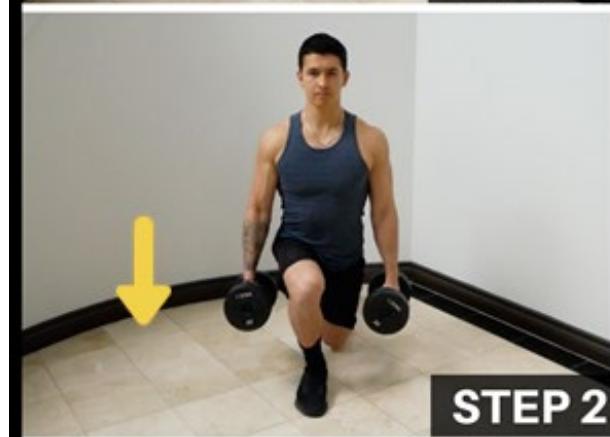
PHASE 2 WORKOUTS: DUMBBELL SERIES

EXERCISE 3: Dumbbell Reverse Lunges

Step 1 (Setup): Stand straight with either dumbbells held by your side or with a weighted bar on your back. Brace your core by slightly contracting your abs.

Step 2 (Descent): Move one foot back and place the toes of that foot on the ground behind you. Bend your front leg to lower your body until your back knee just about touches the ground. The shin of your front leg should be near-vertical at the bottom position.

Step 3 (Ascent): By pushing up with the heel of your front foot, raise your body back up to the starting position. Your back should remain straight throughout the process. Repeat with the other leg.



PHASE 2 WORKOUTS: DUMBBELL SERIES

EXERCISE 4: Seated Bodyweight Calf Raises

Step 1 (Setup): Begin in a standing position with a dumbbell in each hand. Brace your core by contracting your abs.

Step 2 (Ascend): While in this squatting position, raise your heels off of the ground as much as possible by pushing up onto your toes through your calves. Hold this contraction at the top position for a few seconds.

Step 3 (Descend): Return slowly to the starting position, by dropping your heels back down to the ground, pausing at the bottom briefly, and then repeat the movement.

Progression: To increase the difficulty of this movement you can wear a weighted bag as you perform the movement and/or lengthen the time of your pauses at the top contracted position.



STEP 1



STEP 2



STEP 3

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- any and all meal plans that you follow or adhere to as a result of what you read in this PDF shall be used ***solely at your own risk***; and

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ADDITIONAL COMMENTS

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