



DUMB BELL WORKOUTS

4 Week plan

***SIMPLE HABITS TO
HELP YOUR
FITNESS JOURNEY***

MILES

The goal is 10 miles a week whether walking, running, or hiking. *[10,000 Steps = 5 Miles]*

SLEEP

The goal is to sleep at least 7+ hours a day.

WATER

The goal is to consume 80+ oz. of water daily.

INTENT

When it comes to food, always do you best to make the healthier choice.



Week 1-2

Day 1: Upper Body Strength

1. **Dumbbell Bench Press (use floor or bench) – 4 sets of 12-15 reps**
2. **Bent-over Rows – 4 sets of 12-15 reps**
3. **Arnold Press – 3 sets of 12 reps**
4. **Dumbbell Chest Flys (use floor or bench) – 3 sets of 12 reps**
5. **Dumbbell Lateral Raises – 3 sets of 12-15 reps**
6. **Plank with Dumbbell Row – 3 sets of 16-20 reps per side**

Day 2: Lower Body Strength

1. **Dumbbell Goblet Squats – 4 sets of 12-15 reps**
2. **Reverse Lunges (hold dumbbells by sides) – 4 sets of 16-20 reps**
3. **Romanian Deadlifts – 4 sets of 12-15 reps**
4. **Dumbbell Step-ups (use a sturdy chair) – 3 sets of 12-16 reps per leg**
5. **Dumbbell Calf Raises – 3 sets of 20 reps**
6. **Glute Bridges (with dumbbell on hips) – 4 sets of 20 reps**

Day 3: Active Recovery

Light cardio (walk, jog, cycle) or yoga/stretching.

Day 4: Full Body Circuit

Perform each exercise for 40 seconds, rest for 20 seconds. Repeat the circuit 3 times.

1. **Dumbbell Thrusters (Squat to Overhead Press)**
2. **Renegade Rows**
3. **Jumping Lunges**
4. **Dumbbell Swings (similar to kettlebell swings)**
5. **Mountain Climbers**
6. **Burpees**

Day 5: Core & Stability

1. **Russian Twists (holding a dumbbell) – 4 sets of 20 reps per side**
2. **Dumbbell Sit-ups – 3 sets of 20 reps**
3. **Plank with Dumbbell Drag (drag dumbbell side to side while holding plank) – 3 sets of 30 seconds**
4. **Dumbbell Side Bends – 4 sets of 16-20 reps per side**
5. **Leg Raises – 3 sets of 20 reps**
6. **Bicycle Crunches – 3 sets of 20 reps**

Day 6: Active Recovery or Cardio

Optional light jog, cycling, or yoga/stretching.

Day 7: Rest

Full rest day.

Week 3-4

Day 1: Upper Body (Progressed)

1. **Dumbbell Chest Press (floor or bench) – 4 sets of 16-20 reps**
2. **Dumbbell Renegade Rows – 4 sets of 10 reps per side**
3. **Arnold Press – 4 sets of 12-15 reps**
4. **Incline Push-ups (feet elevated) – 3 sets of 16-20 reps**
5. **Dumbbell Lateral Raises – 4 sets of 16-20 reps**
6. **Plank with Alternating Dumbbell Taps – 3 sets, 45 seconds**

Day 2: Lower Body Power

1. **Dumbbell Goblet Squats – 4 sets of 16-20 reps**
2. **Walking Lunges (with dumbbells) – 3 sets of 30 meters**
3. **Bulgarian Split Squats (holding dumbbells) – 4 sets of 16-20 reps per leg**
4. **Romanian Deadlifts – 4 sets of 16-20 reps**
5. **Dumbbell Jump Squats – 3 sets of 12-20 reps**
6. **Calf Raises (holding dumbbells) – 3 sets of 20 reps**

Day 3: Full Body HIIT

Perform each exercise for 50 seconds, rest for 10 seconds. Complete 3-4 rounds.

- **Dumbbell Thrusters**
- **Renegade Rows**
- **Burpees**

- **Dumbbell Swing**
- **Jumping Jacks**
- **Plank to Push-up**

Day 4: Core & Conditioning

1. **Dumbbell Russian Twists – 4 sets of 20 reps per side**
2. **Dumbbell Plank Rows – 4 sets of 16-20 reps**
3. **Hollow Body Hold (with dumbbell) – 3 sets, 30 seconds each**
4. **Dumbbell Leg Raises – 4 sets of 16-20 reps**
5. **Mountain Climbers – 3 sets, 45 seconds**
6. **Flutter Kicks – 3 sets, 30 seconds**

Day 5: Upper Body Endurance

1. **Incline Push-ups – 3 sets of 16-20 reps**
2. **Dumbbell Shoulder Press – 4 sets of 12-16 reps**
3. **Dumbbell Chest Flys – 3 sets of 15 reps**
4. **Bent-over Rows – 4 sets of 12-16 reps**
5. **Dumbbell Curls (Hammer Curl variation) – 4 sets of 12-16 reps**
6. **Lateral Raises – 3 sets of 15-20 reps**

Day 6: Active Recovery or Cardio

Optional light jog, cycling, swimming, or yoga.

Day 7: Rest