

4 WEEK DUMBBELL WORKOUT PLAN PDF

Thank you for downloading our 4 Week Dumbbell Workout Plan PDF!

This program uses a 5-day split over 7 days.

Always consult a fitness professional for advice if unsure about how to perform certain movements. If you've had past injuries, double check with a local physician that you are able to perform the movements included in this workout plan. Have fun and stay hydrated!

-- Mike
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Day 1						
	LEGS / ARMS	Warm up	Set 1	Set 2	Set 3	Set 4
LEGS	Warm-up with unloaded squats	30-50				
	Heel-elevated DB squats (Goblet or at side)	20	10-12	10-12	10-12	8-10
	Bulgarian Split Squats	20	10-12	10-12	10-12	8-10
	Romanian Deadlift (RDL) - Hex bar or DB	20	10-12	10-12	10-12	8-10
	Straight-Leg Deadlift (SLDL)	20	10-12	10-12	10-12	8-10
TRICEPS	Triceps Extensions, Supine	20	15-20	12-15	10-12	8-10
BICEPS	Biceps Curls, Single arm	20	15-20	12-15	10-12	8-10
	Hammer Curls	20	15-20	12-15	10-12	8-10
Day 2						
	SHOULDERS	Warm up	Set 1	Set 2	Set 3	Set 4
SHOULDERS	Side Lateral Raises, Side-lying or Seated	20	15-20	12-15	12-15	10-12
	High incline DB Presses	20	15-20	12-15	12-15	10-12
	Thumbs-Up Front Raises		15-20	12-15	12-15	10-12
	Seated Reverse DB Flies		15-20	12-15	12-15	10-12
TRAPS	Shrugs	20	15-20	12-15	12-15	10-12
	Scapula "Kelso" Shrugs	20	15-20	12-15	10-12	10-12
	"Y" Raises, or Lu Raises	20	15-20	12-15	10-12	10-12
Day 3						
REST						
Day 4						
	GLUTES / BACK / CALVES	Warm up	Set 1	Set 2	Set 3	Set 4
GLUTES	Reverse Lunges	20	15-20	12-15	10-12	10-12
	Contra-lateral B-Stance DB RDLs	20	15-20	10-12	10-12	10-12
BACK	Single-Side DB row	20	15-20	12-15	10-12	10-12
	Chest Supported DB Row		15-20	12-15	10-12	10-12
	Seated Reverse Flies		15-20	12-15	10-12	10-12
CALVES	Single-Leg Calf Raises		20-25	20-25	20-25	20-25
	Toe raises		20-25	20-25		
Day 5						
	CHEST	Warm up	Set 1	Set 2	Set 3	Set 4
CHEST	Flat DB Bench Press	20-25	15-20	12-15	10-12	10-12
	Decline DB Bench Press	20-25	15-20	12-15	10-12	10-12
	Underhand DB Bench Press	20-25	15-20	12-15	10-12	10-12
	DB Fly	20-25	15-20	12-15	10-12	10-12
Day 6						
	CARDIO / ABS	Warm up	Set 1	Set 2	Set 3	Set 4
CARDIO	Walking Lunges	24 each direction (bw)	12 each Direction	12 each Direction	12 each Direction	
	Step-ups		30 each Leg	30 each Leg	30 each Leg	
ABS	Crunches		20	20	20	20
	Sit Ups with a Twist		20	20		
	Side Bends		15-20 Per side	15-20 Per side		
Day 7						
REST						