

Beginner Dumbbell Workout

Note: All exercises use dumbbells unless indicated otherwise. You should pursue a beginner workout for approximately six weeks to strengthen tendons and muscles before moving on to the next level. Do not move up in weight until you can successfully perform 15 repetitions without reaching exhaustion.

Day	Exercise	Weight	Sets	Reps
Legs/Calves				
M & Th	Dumbbell squats		3	12-15
M & Th	Leg curls (machine)		3	12-15
M & Th	Leg extensions (machine)		3	12-15
M & Th	Calf raises		3	12-15
Back				
M & Th	Bent over dumbbell rows		3	12-15
M & Th	Dumbbell deadlifts		3	12-15
M & Th	Dumbbell shrugs		3	12-15
Biceps				
M & Th	Alternating biceps curls		3	12-15
Abdominals				
T & F	Crunches (no dumbbells)		3	12-15
Chest				
T & F	Dumbbell chest press		3	12-15
T & F	Dumbbell flyes		3	12-15
Shoulders				
T & F	Dumbbell shoulder press		3	12-15
T & F	Dumbbell side lateral raises		3	12-15
Triceps				
T & F	Triceps kickbacks		3	12-15

Intermediate Dumbbell Workout

Notes:

- Perform each set to exhaustion.
- When you can complete 10 repetitions to exhaustion, move up to the next weight.
- All exercises require dumbbells unless otherwise noted.
- Do not begin an intermediate program until you have strengthened your ligaments and tendons using a beginner program.

Day	Exercise	Weight	Sets	Reps
Legs/Calves				
M & Th	Dumbbell squats		3	8 – 10
M & Th	Dumbbell lunges		3	8 – 10
M & Th	Leg curls (machine)		3	8 – 10
M & Th	Leg extensions (machine)		3	8 – 10
M & Th	Calf raises, holding dumbbell		3	8 – 10
Back				
M & Th	Bent over dumbbell rows		3	8 – 10
M & Th	Lying dumbbell row		3	8 – 10
M & Th	Dumbbell deadlifts		3	8 – 10
M & Th	Dumbbell shrugs		3	8 – 10
Biceps				
M & Th	Alternating biceps curls		3	8 – 10
M & Th	Dumbbell hammer curls		3	8 – 10
Forearms				
M & Th	Wrist curls		3	8 – 10
Abdominals				
T & F	Crunches with dumbbell at chest		3	8 – 10
T & F	Oblique crunches (no dumbbell)		3	8 – 10
Chest				
T & F	Dumbbell chest press		3	8 – 10
T & F	Dumbbell flyes		3	8 – 10
T & F	Dumbbell decline flyes		3	8 – 10
Shoulders				
T & F	Dumbbell shoulder press		3	8 – 10
T & F	Dumbbell side lateral raises		3	8 – 10
T & F	Dumbbell bent over side lateral raises		3	8 – 10
T & F	Dumbbell front shoulder raises		3	8 – 10
Triceps				
T & F	Triceps kickbacks		3	8 – 10
T & F	Dumbbell skullcrushers		3	8 – 10