



***DUMBBELL  
ONLY  
WORKOUT***

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# DUMBBELL-ONLY PLAN

**Length:** 6 Weeks

**Frequency:** 4 Days/Week (+ 1–2 optional mobility/conditioning days)

**Equipment:** Dumbbells only

## Weekly Split:

Day	Focus
<b>Day 1</b>	Upper Body Strength (Push Focus)
<b>Day 2</b>	Lower Body Strength + Mobility
<b>Day 3</b>	Rest or Mobility
<b>Day 4</b>	Upper Body Strength (Pull + Core)
<b>Day 5</b>	Lower Body Power + Conditioning
<b>Day 6</b>	Optional Cardio Ride or Mobility Flow
<b>Day 7</b>	Rest

# WORKOUT BREAKDOWN

## ● Day 1 – Upper Body Strength (Push)

**Warm-up:** Arm circles, shoulder rolls, wall slides

**Workout:**

- DB Floor Press – 3x10 (3-sec eccentric)
- DB Arnold Press – 3x8–10
- DB Incline Chest Press (on bench or floor with pillows) – 3x10
- DB Lateral Raises – 3x15
- Overhead DB March – 2x30 sec

**Cooldown:** Doorway chest stretch + neck mobility

## ● Day 2 – Lower Body Strength + Mobility

**Warm-up:** 90/90 hip rotations, glute bridges

**Workout:**

- DB Goblet Squats – 3–4x10
- DB Supported Split Squat – 3x8/leg
- DB Romanian Deadlifts – 3x10
- DB Glute Bridge (floor or shoulders elevated) – 3x12
- DB Standing Calf Raises – 2x15

**Mobility Finisher:** Hip flexor stretch + forward fold hold

## ● Day 4 – Upper Body Strength (Pull + Core)

**Warm-up:** Banded scap retractions (if available), arm reaches

**Workout:**

- DB Bent-Over Rows – 3x10
- DB Reverse Flys – 3x12
- DB Hammer Curls – 3x10
- DB Shrugs – 2x15
- DB Suitcase Carry (1 dumbbell) – 2x30 sec/side
- Core: DB Russian Twists – 3x20 total

**Cooldown:** Child's pose + thoracic opener

## ● Day 5 – Lower Body Power + Conditioning

**Warm-up:** Monster walks, bodyweight squats

### **Circuit (3 rounds):**

- DB Jump Squats (or tempo squats if knees are sensitive) – 10
- DB Reverse Lunges – 8/leg
- DB Sumo Squats – 12
- DB Swings (like kettlebell, but hinge-focused) – 15
- Core: DB Plank Pull-Through – 10/side
- Optional: Stationary Bike – 4 rounds: 30 sec hard / 90 sec easy
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## ● Day 6 – Optional: Mobility + Cardio Ride

Choose one:

- **Indoor Bike:** 30–40 minutes Zone 2
- **Mobility Flow:**
  - Cat/Cow x10
  - Hip 90/90s x8/side
  - Glute Bridge x10
  - Child’s Pose Stretch
  - Hamstring Stretch

## 📈 PROGRESSION GUIDE

Every 2 weeks:

- Add a set
- Increase reps by 2
- Slow tempo (4-sec negative)
- Add unilateral variations (e.g. single-leg RDL)

## 🥗 NUTRITION + RECOVERY

- Eat just under maintenance (no more than 300 cal deficit)
- Protein: 0.8–1g/lb bodyweight
- Creatine: 5g daily
- Sleep: 7–9 hours
- Stress management, daily walking, and mobility sessions are critical