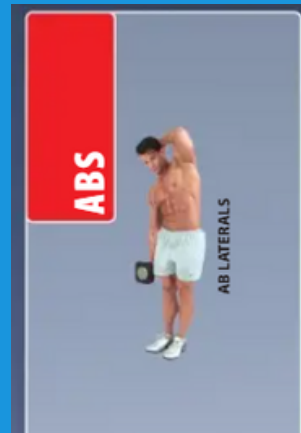




# Dumbbell Workout Plan PDF with Pictures.com

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## TRAINING PROGRAM #1

Courtesy Hugo A. Rivera:

## TOTAL BODY ROUTINE

BSCE, CFT, SPN and President of www.hrfit.net

### Triset A (Chest/Back/Abs):

Push Ups or Incline Bench Presses  
3 sets x 10-12 reps (no rest)  
One Arm Dumbbell Rows (no rest)  
Crunches  
3 sets x 25-40 reps (1 minute rest)

### Triset C (Thighs/Hamstrings/Calves):

Squats  
3 sets x 10-12 reps (no rest)  
Stiff Legged Deadlifts  
3 sets x 10-12 reps (no rest)  
One Leg Calf Raises  
3 sets x 10-12 reps (1 minute rest)

### Triset B (Delts/Biceps/Triceps):

Dumbbell Upright Rows  
3 sets x 10-12 reps (no rest)  
Dumbbell Curls  
3 sets x 10-12 reps (no rest)  
Overhead Triceps Extensions  
3 sets x 10-12 reps (1 minute rest)

Notes: Move to Triset B after you have completed 3 sets of Triset A. Move to Triset C after you have completed 3 sets of Triset B. Precede each set with at least one set of light weight, high rep warm-ups. Rest 1-2 days between workouts. Add cardio on days off.

## TRAINING PROGRAM #2

## SPLIT ROUTINE

### Upper Body

70 Degree Incline Press  
Flat Bench Press  
Incline Flyes  
One Arm Rows  
Isolation Rows

Shoulder Flyes  
Dumbbell Curl  
Incline Curls  
Triceps Kickbacks  
Triceps Extensions  
Wrist Curls

### Lower Body

Squats  
Lunges  
Leg Extensions  
Stiff Legged Deadlifts  
Leg Curls

Calf Raises  
Sit Ups  
Ab Laterals  
Leg Raises

Notes: Perform 2 sets of each exercise for 10-12 reps. Move up to 3 sets after 4 weeks. At 2 sets per exercise the routine lasts 45 minutes if you rest 1 minute in between sets. At 3 sets it lasts 60 minutes.

Disclaimer: These routines are intended to be only guidelines for dumbbell workouts and not a complete workout program. Please consult with a Fitness Professional if there is a ny doubt as to how to perform any exercises.

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## TRAINING PROGRAM #1

Courtesy Hugo A. Rivera:

### TrisetA (Chest/Back/Ab):

Push Ups or Incline Bench Presses  
3 sets x 10-12 reps (no rest)  
One Arm Dumbbell Rows (no rest)  
Crunches  
3 sets x 25-40 reps (1 minute rest)

### TrisetB (Delts/Biceps/Triceps):

Dumbbell Upright Rows  
3 sets x 10-12 reps (no rest)  
Dumbbell Curls  
3 sets x 10-12 reps (no rest)  
Overhead Triceps Extensions  
3 sets x 10-12 reps (1 minute rest)

## TOTAL BODY ROUTINE

BSCE, CFT, SPN and President of www.hrfit.net

### TrisetC (Thighs/Hamstrings/Calves):

Squats  
3 sets x 10-12 reps (no rest)  
Stiff Legged Deadlifts  
3 sets x 10-12 reps (no rest)  
One Leg Calf Raises  
3 sets x 10-12 reps (1 minute rest)

*Notes: Move to Triset B after you have completed 3 sets of Triset A. Move to Triset C after you have completed 3 sets of Triset B. Precede each set with at least one set of light weight, high rep warm-ups. Rest 1-2 days between workouts. Add cardio on days off.*

## TRAINING PROGRAM #2

## SPLIT ROUTINE

### Upper Body

70 Degree Incline Press  
Flat Bench Press  
Incline Flies  
One Arm Rows  
Isolation Rows  
Shoulder Flies  
Dumbbell Curl  
Incline Curls  
Triceps Kickbacks  
Triceps Extensions  
Wrist Curls

### Lower Body

Squats  
Lunges  
Leg Extensions  
Stiff Legged Deadlifts  
Leg Curls  
Calf Raises  
Sit Ups  
Ab Laterals  
Leg Raises

*Notes: Perform 2 sets of each exercise for 10-12 reps. Move up to 3 sets after 4 weeks. At 2 sets per exercise the routine lasts 45 minutes if you rest 1 minute in between sets. At 3 sets it lasts 60 minutes.*

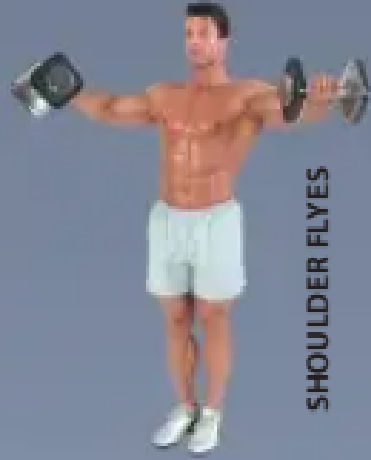
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# SHOULDERS



SHOULDER FLYES



UPRIGHT ROWS



SHOULDER PRESS



REAR SHOULDER FLYES



SHOULDER SHRUGS

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PUSHUP HANDLES



INCLINE PRESSES



DECLINE PRESSES



BENCH PRESSES



INCLINE FLYES

CHEST

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LEG RAISES



CRUNCH SITUPS



AB LATERALS

**ABS**

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ISOLATION ROWS



CHIN UPS



ONE ARM ROWS



DEAD LIFTS

**BACK**

[inkvbe.com](http://inkvbe.com)





**ARMS**



TRI KICK BACKS



PREACHER CURLS



E-Z BAR CURL



BAR DIPS



CURLS



TRICEP EXTENSIONS

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LEG CURL



LEG EXTENSIONS

LEGS



LUNGES



SQUATS



CALF RAISES

