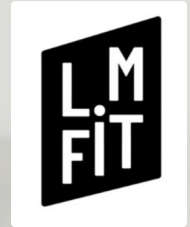


5-DAY FULL BODY DUMBBELL HOME WORKOUT



Structure: 5 exercises per workout • 3–4 rounds • 8–12 reps (unless stated) • 45–60 sec rest between exercises

5 EXERCISES

Per workout session

3–4 ROUNDS

Per session

8–12 REPS

Unless stated otherwise

45–60 SEC

Rest between exercises

DAY 1 – STRENGTH FOUNDATION

1

DUMBBELL GOBLET SQUATS

12 reps

2

PUSH-UPS

10–15 reps

3

DUMBBELL BENT OVER ROWS

12 reps

4

REVERSE LUNGES (DB)

10 each leg

5

PLANK

30–45 sec

DAY 2 – LOWER + CORE FOCUS

1

DUMBBELL ROMANIAN DEADLIFTS

12 reps

2

STEP-BACK LUNGES (BODYWEIGHT OR DB)

10 each leg

3

DUMBBELL SHOULDER PRESS

10 reps

4

GLUTE BRIDGES

15 reps

5

MOUNTAIN CLIMBERS

30 sec

DAY 3 – UPPER BODY + CONDITIONING

1

DUMBBELL FLOOR PRESS

12 reps

2

RENEGADE ROWS

10 each side

3

BODYWEIGHT SQUATS

20 reps

4

DUMBBELL LATERAL RAISES

12 reps

5

BURPEES

8–10 reps

DAY 4 – LEGS + STABILITY

1. **Dumbbell Bulgarian Split Squats** – 10 each leg
2. **Single-Leg Romanian Deadlift (DB)** – 10 each leg
3. **Push-ups** – 10–15 reps
4. **Dumbbell Hammer Curls** – 12 reps
5. **Side Plank** – 30 sec each side

DAY 5 – FULL BODY BURN

1. **Dumbbell Thrusters (squat to press)** – 10 reps
2. **Dumbbell Deadlift High Pull** – 12 reps
3. **Walking Lunges (DB)** – 12 each leg
4. **Push-ups or Incline Push-ups** – 12 reps
5. **Jump Squats** – 12 reps

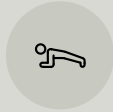
OPTIONAL FINISHER (3-5 MINS)

Choose one:



HIGH KNEES INTERVALS

30s High Knees / 30s Rest x 5 rounds



BODYWEIGHT SQUAT CHALLENGE

50 Bodyweight Squats for time



PLANK HOLD

1 min plank hold