

Dumbbell-Only Plan — 3 Days a Week

Full-body training with just a pair of dumbbells and a bench — at home or in a busy gym.

Week: Mon Day A · Wed Day B · Fri Day A, then the next week Mon Day B · Wed Day A · Fri Day B.

Day A

Exercise	Sets	Reps	In reserve	Weight used
Goblet squat	3	8-12	2	
Dumbbell bench press	3	8-12	2	
One-arm dumbbell row	3	10-12 each arm	2	
Dumbbell Romanian deadlift	3	8-12	2	
Seated dumbbell shoulder press	2	10-12	1-2	
Dumbbell curl	2	10-15	1-2	

Day B

Exercise	Sets	Reps	In reserve	Weight used
Dumbbell reverse lunge	3	8-10 each leg	2	
Incline dumbbell press	3	8-12	2	
Chest-supported dumbbell row	3	10-12	2	
Dumbbell hip thrust or glute bridge	3	10-15	1-2	
Dumbbell lateral raise	3	12-15	1-2	
Overhead dumbbell triceps extension	2	10-15	1-2	

How to use this plan

How to progress (double progression). Pick a weight you can lift for the bottom of the rep range with the reps in reserve shown. When every set reaches the top of the range, add the smallest weight jump next session and build the reps back up.

Reps in reserve means how many more good reps you could have done. 2 means you stopped with about two left.

Rest about 2-3 minutes on the big lifts and 1-2 minutes on the smaller ones.

Warm up with a few easy, low-rep ramp-up sets before your first lift:

bodywise.io/hub/tools/barbell-warm-up-calculator

Stop any exercise that causes sharp pain or a joint pinch. This plan is general education for healthy adults aged 18+, not medical advice.

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