



5 DAYS

**HARDCORE
DUMBBELL
SPLIT**



DAY 1

MUSCLE GROUP TARGET: CHEST, SHOULDERS, & TRICEPS DUMBBELL WORKOUT

| Exercise | Sets | Reps |
|------------------------------|------|------|
| Dumbbell Bench Press | 5 | 8-10 |
| Incline Dumbbell Bench Press | 4 | 8-10 |
| Dumbbell Floor Press | 8 | 8-12 |
| Standing Dumbbell Press | 4 | 8-10 |
| Dumbbell Lateral Raise | 3 | 8-10 |



DAY 2

MUSCLE GROUP TARGET: LEGS & CORE DUMBBELL WORKOUT

| Exercise | Sets | Reps |
|-----------------------------|------|---------------|
| Dumbbell Goblet Squat | 4 | 8-10 |
| Dumbbell Stiff Leg Deadlift | 4 | 8-10 |
| Dumbbell Rear Lunge | 4 | 8-10 Each Leg |
| Dumbbell Frog Squat | 3 | 8-12 |
| Dumbbell Calf Raise | 4 | 20 |
| Weighted Crunch | 3 | 20 |
| Dumbbell Russian Twist | 3 | 20 Each |

DAY 3

MUSCLE GROUP TARGET: BACK & BICEPS DUMBBELL WORKOUT

| Exercise | Sets | Reps |
|-----------------------------------|------|--|
| Dumbbell Bent Over Row | 4 | 8-12 |
| Tripod / Supported Dumbbell Row | 4 | 8-12 Each |
| Dumbbell Pullover | 3 | 8-12 |
| Dumbbell Chest Supported Wide Row | 4 | 8-12 |
| Dumbbell 21's Curl | 3 | 20 Half Top, 20 Half Bottom, 20 Full ROM |
| Dumbbell Hammer Curl | 5 | 20 |

DAY 4

MUSCLE GROUP TARGET: LEGS & CORE DUMBBELL WORKOUT

| Exercise | Sets | Reps |
|-----------------------|------|-----------|
| Dumbbell Squat | 4 | 8-10 |
| Dumbbell Deadlift | 4 | 8-10 |
| Dumbbell Split Lounge | 3 | 8-12 Each |
| Dumbbell Hip Thrust | 4 | 10-15 |
| Dumbbell Calf Raise | 4 | 20 |
| Dumbbell Split RDL | 3 | 15 Each |
| Dumbbell V Crunch | 3 | 20-25 |

DAY 5

MUSCLE GROUP TARGET: COMPLETE UPPER BODY DUMBBELL WORKOUT

| Exercise | Sets | Reps |
|------------------------------------|------|-----------|
| One Arm Dumbbell Rows | 4 | 8-10 Each |
| Dumbbell Front Raise | 4 | 8-10 |
| Incline Dumbbell Bench Press | 4 | 8-12 |
| Chest Supported Dumbbell Row | 4 | 8-12 |
| Dumbbell Rear Fly | 4 | 8-12 |
| Overhead Dumbbell Tricep Extension | 3 | 8-12 |
| Dumbbell Shrug | 3 | 12-15 |